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TORONTO • TUESDAY SEPTEMBER 30 2008 metro

Health pg 26

Josey Vogels on days that celebrate sex life

Expert sees silver lining in cash crisis

ECONOMY As the financial carnage mounted in Toronto and New York after a failed Wall Street bailout, University of Calgary economist Frank Atkins warned against making rash investment decisions. "If you don't need to liquidate (your investments), then you can weather this," he said, noting the 840- and 778-point losses on the TSX and Dow Jones, respectively, are paper losses. "Once you sell, then you lose money." Atkins was confident there is a silver lining in all of this. "It should be a lesson," he said. "But no matter what happens, our economies will emerge stronger."

DARREN KRAUSE/METRO CANADA

Election 2008 pg 10-11
- National Report by Lawrence Martin
- May way to debate
- Layton flexes muscle
- Harper woos Quebec
- Minister shuns media

Student ¢ents pg 16

Ways to save in college

Sports pg 17

Blue Jays CEO steps down

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CHIP SOMODEVILLA/GETTY IMAGES

U.S. House Speaker Nancy Pelosi speaks to the media on Capitol Hill yesterday in Washington, D.C. The House of Representatives rejected a $700-billion US rescue plan for the U.S. financial market yesterday.

Shocking defeat for $700B bailout plan

U.S. House rejects relief package in 228-205 vote

In a stunning vote that shocked the U.S. capital and worldwide markets, the House of Representatives defeated a $700-billion US emergency rescue for the U.S. financial system yesterday.

Members of the House ignored urgent warnings from U.S. President George W. Bush and congressional leaders of both parties that the economy could nosedive without it. The Dow Jones industrials plunged nearly 800 points, the most ever for a single day.

Democratic and Republican leaders alike pledged to try again, though the Democrats said Republican legislators needed to provide more votes. Bush huddled with his economic advisers about a next step. The House plans to reconvene on Thursday instead of adjourning as planned so that its members can campaign for the November election.

Stocks began falling even before the 228-205 vote to reject the bill was officially announced on the House floor.

Treasury Secretary Henry Paulson looked grim afterward, if not shaken. "We need to work as quickly as possible," he said. "We need to get something done."

More than two-thirds of Republicans and 40 per cent of Democrats opposed the bill. In all, 65 Republicans joined 140 Democrats in voting "yes," while 133 Republicans and 65 Democrats voted "no."

"The crisis is still with us. What happened today cannot stand. We must move forward." House Speaker Nancy Pelosi

"The legislation may have failed; the crisis is still with us," said House Speaker Nancy Pelosi (D-Calif.) in a news conference after the defeat. "What happened today cannot stand," Pelosi said. "We must move forward, and I hope that the markets will take that message."

At the White House, Bush said: "I'm disappointed in the vote. ... We've put forth a plan that was big because we've got a big problem."

THE ASSOCIATED PRESS

MORE COVERAGE, P. 14

Doubts still riding racing law

Since the street racing law went into effect a year ago, more than 7,000 drivers in Ontario have had their licences suspended and their vehicles impounded — and fewer people have been killed on the province's highways.

While Ontario Premier Dalton McGuinty and provincial police Commissioner Julian Fantino say the law is working because fatalities are down, critics aren't convinced. They say the downturn in the number of fatalities may not be because of the new legislation but could be the result of fewer people driving in the summer due to high gas prices.

From the beginning of the year to the end of August, 209 people had been killed in 183 crashes on Ontario highways, compared to 309 fatalities in 263 crashes in the same period in 2007, the OPP said in a recent news release.

OPP Const. David Woodford admits it's impossible to say for certain if the reduction in fatalities is due to the new law, but points out "a lot of our fatalities are the result of high speed and you are eliminating that by us taking the vehicles off the road."

From the outset, critics have slammed the amendments as unjustly punitive and one constitutional expert says these statistics suggests opponents were not off-base. TORSTAR NEWS SERVICE

Rule

- The street racing law states that "no person shall drive a motor vehicle on a highway in a race or contest, while performing a stunt or on a bet or wager," and it gives police officers the right to impound cars and require the surrender of a licence.

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BEAUTY *at the Bay*

Mom rejects apology
Azard Mohammed, whose son Danny Mohammed, 20, was sentenced to nine years in jail for manslaughter yesterday, apologized to Carol McGill for his son's fatal stabbing of her son, 21-year-old Tyler, in July 2007. But she rejected the apology. TORSTAR NEWS SERVICE

Local

Viva, union agree to talk

Viva drivers and their employer, Veolia Transport — a division of the French multinational of the same name — are heading back to the bargaining table tomorrow in the hope of ending a five-day rapid-transit bus strike in York Region. But union head Bob Kinnear says he isn't optimistic about a settlement resulting when the two sides sit down with provincial mediator Denise Small. TORSTAR NEWS SERVICE

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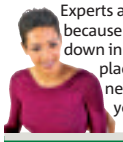
Tomorrow's Metro

Workology



Experts agree that just because you can dress down in the workplace, doesn't necessarily mean you should.

metronews.ca
What's online today.

Link to Kevin Smith's blog, where the director disses his Air Canada experience at www.metronews.ca/canada
Watch as Stéphane Dion tries to defend both flanks at www.metronews.ca/canada

Lotteries

Ontario Pick 3	4 2 6
Ontario Pick 4	2 2 9 5
Encore	6928180
Daily Keno	5, 7, 9, 15, 17, 27, 29, 31, 32, 38, 39, 40, 41, 45, 46, 51, 56, 64, 68, 70.

These results are not official.

News in brief

PAROLE Donald Corey Martin, 19, serving a life sentence after pleading guilty to second-degree murder in the March 23, 2007, death of Brian Wainman, will spend 11½ years locked up before being allowed to seek parole, a judge ruled yesterday. TORSTAR NEWS SERVICE

City plans 2 agencies

Mayor to chair TEDCO spinoffs

Toronto will create two new agencies — a real estate enterprise to develop city lands aggressively, and a marketing body to promote the city to investors — says Mayor David Miller, who will chair them both.

The new corporations, to be called Build Toronto and Invest Toronto, will replace the Toronto Economic Development Corporation (TEDCO).

Build Toronto will take charge of developing land owned by the city and most of its agencies, including the Toronto Transit Commission.

A panel of private sector advisers told the city last February that Toronto should be able to make $150 million a year by developing its real estate.

Miller also proposes establishing Invest Toronto to market and promote the city. The city will chip in $10 million to cover start-up costs, but the new money earned by developing the city's assets is supposed to fund the new agencies in the long run. TORSTAR NEWS SERVICE

End of an era

PAWEL DWULIT /TORSTAR NEWS SERVICE

A ticket holder exchanges adult TTC fare tickets for tokens at the Bloor-Yonge subway station yesterday. The TTC yesterday stopped accepting tickets for adult fares, estimating that it loses $3 million to $4 million a year from counterfeit tickets.

Mom accused of killing baby walks free

CRIME A 39-year-old Toronto woman who was accused of killing her infant daughter walked free yesterday after a court was told the charge was based on apparently nothing more than her own physical reactions in the aftermath of the child's death.

Accompanied by family members, Xiu Zheng left the Old City Hall courthouse quickly and quietly after a charge of second-degree murder, laid by Toronto police last February, was withdrawn.

An autopsy, and toxicology tests, did not reveal a cause of death. TORSTAR NEWS SERVICE

Riding: Whitby-Oshawa

Election 2008

If past election results are any indicator, the race between the Liberal and Conservative parties in Whitby-Oshawa on Oct. 14 may once again be tight.

In June 2004, Liberal candidate Judi Longfield won the riding by about 5,000 votes over Tory Ian MacNeil. Two years later, Conservative Jim Flaherty beat out Longfield by the same margin and remains the MP and federal finance minister.

Since late 2006, Flaherty's taken a lot of heat from Liberal candidate and investment banker Brent Fullard for taxing income trusts. Flaherty announced the new tax Oct. 31, 2006 saying the billions of dollars worth of trust conversions were hurting the economy after BCE proposed converting its Bell Canada subsidiary to a trust which would save it $800 million in taxes.

Fullard challenged the minister to a public debate about the change in August which he says is an abuse of the trust of Canadians. Flaherty did not agree to participate and says the income trust tax is no longer an issue for most of his constituents.

"It's yesterday's news," he said in a phone interview last week.

ROBYN YOUNG/FOR METRO TORONTO

Jim Flaherty
Conservative
AGE: 58
PARTY: Conservative
POSITION: Member of Parliament and finance minister, first elected federally January 2006

"What I hear the most at the doors is the need for better transit and transportation infrastructure. They want the 407 east to highway 35 and 115 and we agreed with that … so that will happen by 2013. They also want train service in the north part of Durham region and we've agreed with that also."

Doug Anderson
Green Party
AGE: 63
PARTY: Green
POSITION: Retired newspaper publisher

"The whole stature of the Conservative government has been very much along the lines of the American economy which is laissez faire economics and what happened in the last week is basically the collapse of laissez faire economics. What happened last week is going to change the world and I just don't think the Conservatives are going to be able to handle it."

Whitby-Oshawa

- Whitby-Oshawa has a population of 135, 893 and 98, 588 people are eligible to vote.

Brent Fullard
Liberal
AGE: 55
PARTY: Liberal
POSITION: Investment banker, investment advocate

"It's a question of trust. Do you have faith in this government? Are they taking care of your personal safety? Issues like firing the head of the Nuclear Safety Commission – that introduces risk in the daily lives of people in ways that they don't even know. The same with the meat inspection, they changed the meat inspection regime."

David Purdy
NDP
AGE: 34
PARTY: NDP
POSITION: OnStar adviser

"For most people the three big issues are the environment, the economy and the job loss basically.
All of that revolves around the one key issue: accountability. We have a prime minister and government where their own members are voting against them."

Yvonne Forbes
CHP
AGE: unknown
PARTY: Christian Heritage Party of Canada
POSITION: Mortgage broker

Could not be reached for comment.

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polytechnic

East end schools join police program

Danforth Tech and Eastern Commerce in the east end will join the city-wide pilot program that posts specific police officers inside high schools and provides office space so they can work with students and build bridges in the community. TORSTAR NEWS SERVICE

Greens show options

InTransit

Ed Drass

transit@eddrass.com

It's no surprise the Green Party likes transit and trains. Leader Elizabeth May has been travelling across Canada by VIA Rail, and the Greens have a lot to say about alternatives to cars and planes. The federal party, which has counterparts in countries around the world, proposes to shift tax money significantly toward transit as a way of reducing pollution.

Canada's Greens have been polling roughly around 10 per cent, but it's hard to say whether they can win enough seats to make a difference — unless perhaps the Oct. 14 election delivers another minority government. The Greens could suddenly become very influential, and see their policies adopted by rivals.

One promise other parties should consider poaching involves a new way to fund local infrastructure like new transit lines, by allowing Canadians to hold municipal bonds as part of their RRSPs.

The Green Party has supported a push from large Canadian cities to designate one cent of the GST to municipalities, as long as "the funding is not used in ways that encourage urban sprawl," according to greenparty.ca, an official website.

Alonzo Bartley, the Green candidate for the riding of Scarborough-Guildwood, is especially concerned about transit in the "outlying regions" of Toronto. He points out that higher costs near downtown have pushed marginalized groups "into the upper corners of the city — where, if you look at a map, have the worst transit available to them — and they're probably the ones that need it the most."

Tip: Transit riders need to know of possible options — in advance — should their preferred route ever be disrupted. Without Viva buses running, regular YRT service on Yonge Street has been overwhelmed. Try parallel corridors like Bathurst or Bayview and be prepared for delays at picket lines. While pricier than Viva, it's worth asking GO Transit (at 416-869-3200) about their routes in York Region.

Quick Tip

Q: How do I get around York Region while Viva is on strike?

Ed Drass has a degree in urban studies from York University and regularly rides transit in the GTA.

Election 2008

Wanted: Shorter commutes

- Twenty-eight per cent of commuters in Ontario say they'd take a pay cut in exchange for a shorter commute to their workplace, according to a poll done for Goodyear Canada.

News in brief

CRASH A 23-year-old man has been charged with impaired driving after a car went the wrong way on the Don Valley Parkway and collided head-on with another vehicle. Toronto police said the wrong-way car sideswiped another car and then hit an SUV head-on while travelling north in the southbound lanes just before 4 a.m. Some injuries were reported. Thuy Van Hoang of Toronto faces charges. THE CANADIAN PRESS

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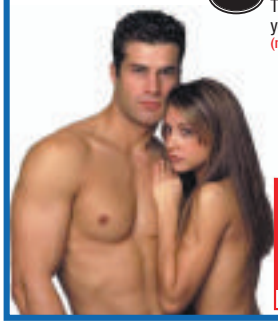

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Hospital making changes

A Winnipeg hospital is hiring round-the-clock staff to meet incoming emergency patients in a move intended to prevent another death like that of a homeless man last week. Brian Sinclair waited in the ER for 34 hours and died, unnoticed. THE CANADIAN PRESS

Canada

Winter on Mars

A Canadian-built weather station on NASA's Phoenix Mars Lander has detected snow falling from Martian clouds. A laser instrument detected snow from clouds about four kilometres above the spacecraft's landing site.

THE CANADIAN PRESS

What's age got to do with it?

Health conditions should determine driving laws: Experts

BRIAN TOWIE
brian.towie@metronews.ca

You might not be too old to drive, but you might be too unwell.

The issue of seniors and their capability to properly negotiate the road has come to the fore once again after an 84-year-old driver hit a pedestrian at a Halifax crosswalk on Friday afternoon. The victim, a 56-year-old pedestrian, was dragged 30 feet underneath the car before a local mechanic freed him. No criminal charges are pending.

The Halifax accident echoes a more grisly Toronto incident involving an elderly driver in 2001, when 85-year-old Pilar Hicks hit and killed Beth Kidnie, a 42-year-old mother of three. Justice Gerald Lapkin convicted Hicks of criminal negligence and wondered if regulators shouldn't consider more restrictions on elderly drivers.

It's an issue that the public perceives incorrectly, says Dr. Allen R. Dobbs, president and CEO of DriveAble Assessment Centres Inc., a nationwide driving ability assessment program. Dobbs argues it's not the age of the driver that should be considered, but their abilities, which are often affected by medical conditions.

"A blanket age cut-off is not the answer. It has been done before and it doesn't yield better accident rates."
Insurance Bureau of Canada's Dennis Prouse

"It's a question that's asked the wrong way: What's the correct age to hang up the keys?" Dobbs told Metro. "It's about medical conditions. Illness can happen at younger ages and impair the ability to drive."

Older drivers face illnesses that can hinder driving ability, Dobbs notes. Some of the more dangerous conditions include various forms of dementia and heart and lung diseases.

Dennis Prouse, director of government relations at the Insurance Bureau of Canada, agrees that medical conditions should be a chief focus and a top priority in the years to come.

"As the bubble continues to move along we're asking ourselves how to tackle this," he said. "A blanket age cut-off is not the answer. It has been done before and it doesn't yield better accident rates … It certainly is an emerging issue and it will continue to do so."

Nurses head south for regular work

EMPLOYMENT The thousands of nurses who have left Canada for the United States went not for money, but for regular work and because they're highly valued there, a major new study on cross-border flight finds.

"Salary wasn't a key factor," said Dr. Linda McGillis Hall, who presented her results at a weekend international migration conference. "It was quite far down on the list … There were two clear factors: The opportunity to have a full-time job and the fact that the United States places a very high value on Canadian-educated and Canadian-trained nurses."

So clear were the findings, based on surveys and interviews in 2006 with 678 Canadian nurses in the U.S., that McGillis Hall immediately started a larger study of 2,700 to double-check the results.

"We obviously do a very good job of preparing them for practice," she said. TORSTAR NEWS SERVICE

Nursing promises

- Dalton McGuinty's Liberal government has said it will hire 9,000 nurses by 2011.

News in brief

CRIME RCMP were urging people in a tough energy town in western Alberta not to take the law into their own hands as more than 30 Mounties scoured the region for a man who killed the 14-year-old daughter of a pastor and left her body on a trail. The slaying of Emily Stauffer in broad daylight on Saturday afternoon has filled many in the Edson area, 200 kilometres west of Edmonton, with grief and fear. Emily Stauffer was a nature buff who often walked in the woods to take photographs.

THE CANADIAN PRESS

Belleville **Brant trial**

JEREMY ASHLEY/THE CANADIAN PRESS

Shawn Brant, right, speaks to reporters in Belleville, Ont., yesterday. He is the Aboriginal protester behind a blockade that shut down Canada's busiest highway last year.

Voters with face coverings will need to pledge identity: Officer

ELECTION In a reversal of past practice, people wearing face coverings will not be permitted to vote in the upcoming election unless they swear out a special oath.

The change is based on a policy directive from chief electoral officer Marc Mayrand. It instructs returning officers to ask voters with obscured faces to uncover or swear they are eligible to vote before being allowed to cast ballots.

But the new policy appears to be at odds with the Canada Elections Act, with no specific requirements stating that federal electors show their faces.

It also contradicts comments made by Mayrand before last September's Quebec byelections.

Mayrand has rebuffed demands from the Conservative government to use his special powers to force Muslim women wearing veils to uncover their faces.

Under the current legislation, photo ID is not even necessary in order to vote.

TORSTAR NEWS SERVICE

Where headline meets punchline.
Rick is just back from the Paralympic Games in Beijing. Tune in to see if he'll break a record – or break something else.
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Premier rebrands Prairie image

Buoyed by a recent turnaround in economic fortunes, Saskatchewan can no longer be considered a have-not province of endless farmer's fields, the premier of the province said yesterday, appealing to workers to head west. THE CANADIAN PRESS

PAUL CHIASSON/THE CANADIAN PRESS

Former Quebec Superior Court justice John Gomery speaks to the Canadian Club in Montreal.

Quebec judge denies role in Liberal sponsorship scandal

Retired judge John Gomery is distancing himself from the Conservative government's decision to appeal a court ruling that cleared former prime minister Jean Chrétien of blame in the federal sponsorship scandal.

"I don't have any powers of persuasion."
Retired Quebec judge John Gomery

In papers filed last Friday, government lawyers argue the Federal Court was wrong to conclude in June that Gomery was biased against Chrétien and his former chief of staff, Jean Pelletier.

The appeal notices were filed just 90 minutes before the legal deadline for action was to expire.

On Saturday, Pelletier accused the Conservatives of playing politics by bringing up the sponsorship scandal during the federal election campaign.

He said he wasn't surprised by the government's decision especially since he believes Gomery put pressure on Ottawa.

"I'm a retired judge," he said, "I don't have any powers of persuasion or any weight to bring to a decision of the government."

Gomery said the decision to appeal was made by the federal Justice Department, "which decides matters on legal grounds."

"I don't know whether it's politically motivated, but I have no reason to think it is," he added.

THE CANADIAN PRESS

Please, stop calling

Consumers can scratch name from telemarketing list

Some of Canada's largest users of telemarketing services say they welcome the National Do Not Call List, which goes into effect starting today.

They believe it will make their industry more efficient by eliminating wasted calls to consumers who don't want to be contacted, said Wally Hill, vice-president of public affairs for the Canadian Marketing Association.

And they don't see it hurting the telemarketing business, Asked about possible layoffs at telemarketing firms, Hill said he hadn't heard of any such plans.

"There are organizations who are probably getting ready to adapt to the new list. That doesn't necessarily mean there will be a reduction," he said.

In fact, some companies are considering getting back into the game now that the rules are clearer.

Some companies will start using other strategies to reach consumers, including mass advertising, direct mail and online marketing, Hill said.

In fact, companies may start making greater use of their websites to ask consumers for permission to call them, Hill said.

If the consumer agrees, the company can go ahead and contact them even if that consumer has signed on to the National Do Not Call List, Hill explained.

The biggest users of telemarketing tactics are generally phone companies, especially cell-phone service providers, magazine and newspaper publishers and registered charities.

TORSTAR NEWS SERVICE

Phony business

- The telemarketing industry says it creates 155,000 indirect jobs and $25 billion in benefits to the Canadian economy in terms of the services and products sold through the method.

Take action to prevent deaths: Auditor general to hospitals

HEALTH Ontario hospitals appear to have a good handle on how to prevent patients from contracting potentially deadly infections like C. difficile and MRSA, but improvement is needed in putting all the necessary strategies into practice, the province's auditor general says.

In a special report tabled in the Ontario legislature yesterday, Auditor General Jim McCarter looked at a sampling of three hospitals to see what they are doing right to stop patients from picking up infections while being treated for other conditions.

He looked at infection-control programs at Toronto's North York General, the Ottawa Hospital and Windsor Regional Hospital. THE CANADIAN PRESS

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Layton promises more money for transit

NDP Leader Jack Layton pledged more money for funding public transit if the NDP are elected. Layton said he would funnel one cent per litre of the gas tax — about $400 million per year — to transit. CBCNEWS.CA

Election 2008

Dion's chance to alter image

Debates offer Liberal leader the opportunity to talk about policies, vision

NationalReport

Lawrence Martin

After being defined by Stephen Harper's attack machine as an arm-splayed wimp since winning the Liberal leadership two years ago, Stéphane Dion gets a last chance to alter the deathly image in the campaign debates tomorrow and Thursday.

Liberals now regret not having fought back earlier. They should have, some of them say, found a photo of Harper looking completely moronic and plastered it all over the television screens. They have learned a lesson — probably too late! — that, in Canada, gutter politics works.

That kind of politics was never the style of the sincere and overly academic Dion. In the debates, some Liberals want him to make a direct appeal to the voters. At the conclusion a message of this kind: "I hope you have not been taken in by the demeaning ads about me. Yes, I have difficulty pronouncing words and, yes, I look too much like a professor. But is that what really matters? Or is it the values I have, the policies and vision, the team I have?"

It might help. Dion has to come across as statesmanlike and credible. He has a tendency to sound forced and pleading. If he goes that route, he'll be seen as desperate and it will quicken his descent.

RYAN REMIORZ/THE CANADIAN PRESS

There was a nice moment in his campaign on the weekend. It was his 53rd birthday and reporters presented him with a limited edition print of the puffin bird — the one used by Harper dirt-throwers in the defecation ad. He was also given a giant card that said: "This is a magic birthday card. It can only be opened by someone with good looks, intelligence and sex appeal." Dion blushed. One of his staffers told reporters, "You guys do have a heart" after all.

The debates will be tough for him. Harper is cooler under fire. The Liberal leader faces the added problem of having his friend, Green party Leader Elizabeth May, front and centre.

It's an obstacle because, despite their mutual respect, her party is on the rise and she steals more votes from the Liberals than the others. The Conservatives are falling back in Quebec and need a big boost in Ontario and British Columbia to score a majority. Those are the provinces where the Greens are strong and divvy up the votes on the left.

May is the wild card. On some occasions, she comes across as long-winded and wingy, on others knowledgeable, quick-witted and winsome. If she's a bird that takes flight, she will help Stephen Harper to a majority.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Greens

Elizabeth May

May vows better TV ratings

DEBATE Elizabeth May says it's not an exaggeration to describe her performance in this week's federal leaders' debates as a "make-or-break" moment for her and the Green party.

The former environmental activist, who has made a name for herself as an energetic campaigner with a refreshing off-the-cuff style, said her lack of political polish will give her an edge in the two televised debates.

"I've never been accused of being staged or dull," she said in an interview yesterday while en route to the airport outside Halifax. "I've been promising the networks better ratings. ... I'm not someone who rehearses and gives prepared and pre-packaged sound bites masquerading as policy."

May said the debates in 2004, 2005 and 2006 were deadly dull because the main players were so well coached and rehearsed.

THE CANADIAN PRESS

Watch as Stéphane Dion defends both flanks from the Tories and a surging NDP at metronews.ca/canada

14 days remain until the 2008 Canadian federal election

Liberals

Dion not looking past election

FUTURE Liberal Leader Stéphane Dion has not yet decided what he will do if he fails to unseat Stephen Harper as prime minister, says his wife Janine Krieber. But in an exclusive interview with Global News, Krieber said she and her husband would make the decision together, and come to a conclusion quickly.

Asked if they had already discussed whether he would stay in politics, Krieber told reporter Hannah Thibedeau, "No."

"We know when we have to talk, and we don't have to prepare long before and decisions come very rapidly."

TORSTAR NEWS SERVICE

Only NDP can stop Tories: Layton

Jack Layton insists that only the NDP can stop Prime Minister Stephen Harper, and he's urging "progressives" to rally behind him to do so.

"I think he's bad for the country. I think he's bad for working families," Layton said of the Conservative leader, speaking to the Toronto Star's editorial board yesterday.

Layton said Liberals "disappointed" with Stéphane Dion are welcome aboard the NDP bandwagon, as are Greens, and red Tories.

Dion's support of Harper's "reckless, across-the-board" $50 billion in corporate tax cuts undermines the Liberals' moderate credentials, he said.

Polls show Harper is on the cusp of winning a majority of seats in the Oct. 14 election, despite the fact the combined support for the NDP, Liberals, Greens and Bloc Québécois far outstrips the Tories' support.

TONY BOCK/TORSTAR NEWS SERVICE

NDP Leader Jack Layton speaks to the Toronto Star editorial board yesterday.

Asked if it would be a "good thing for the country if the Liberal party faded out of existence," Layton demurred.

"I don't have an opinion about that," he replied.

"It's really up to Canadians to decide what kind of political formations should succeed in our country. I'm suggesting that ours should. That's my proposition," he said.

"We need seats to form a government. We're probably the only party that will defeat Conservatives in this election. I think we'll defeat quite a few. Stephen Harper's got to be moved out of office."

TORSTAR NEWS SERVICE

Nominations

Women running in record numbers

CANDIDATES Canada's major political parties have nominated 387 women to run as candidates in the federal election — a record number.

While this falls short of fair representation at 29 per cent of all candidates, it is a sign of progress and increased efforts by all major parties, says Equal Voice, which challenged the leaders of all parties to field more women candidates in this election.

"This improvement provides more opportunities than ever to increase the representation of women in Parliament," says Equal Voice chair Raylene Langdon.

METRO NEWS SERVICES

Did you know?
The number of registered political parties participating in Canadian general elections began to increase after new registration provisions came into effect in 1972, growing from four in the 1972 election to a peak of 14 in 1993. There were 15 registered parties in the 2006 election. **ELECTIONS CANADA**

Election 2008

TOM HANSON/THE CANADIAN PRESS

Conservative Leader Stephen Harper listens to Josiah Doern play a little recital for him yesterday in Ottawa.

PM swings into Quebec

It's make-or-break time for the Conservative campaign in Quebec.

With the nationally televised French debate tomorrow, Conservative Leader Stephen Harper made a quick swing into the province where his party is taking a shellacking over arts cuts and tougher youth crime penalties.

He was met by one of the largest crowd of protesters of this campaign: About 300 people from two of the province's biggest labour unions, women's groups, and an impoverished nearby Aboriginal village. They blocked a regional highway, carried signs and blew whistles under the watchful eye of Quebec police.

Harper did not meet with them, but offered to dispatch one of his cabinet ministers, Christian Paradis, to do so, the first time the Conservative campaign has reached out to any group of protesters.

"You can count on us," Harper said later at a party rally where he promised an extra $20 million a year for three years to an older-workers retraining fund.

Hours before returning to Quebec for the third time in the campaign, Harper tried to present a more arts-friendly face to Quebecers.

He announced a small tax break for childrens' music, drama and arts lessons — proof, he said in French, "of our government's support for the arts." **TORSTAR NEWS SERVICE**

'Analysis'

- Harper insisted "independent analysis," which he did not produce, justified the recent $45 million in cuts to arts programs because they were "not effective."

Ritz dodges media following debate

Conservative Agriculture Minister Gerry Ritz yesterday bolted from reporters seeking comment on his controversial joke about Canadians dying from eating meat tainted by listeriosis.

Ritz's participation yesterday at a Canadian Federation of Agriculture debate was his first national public appearance during the election campaign since it was reported earlier this month he told an August teleconference the deadly outbreak was "like a death by a thousand cuts. Or should I say cold cuts."

During the two-hour question-and-answer session, Ritz didn't once mention the listeriosis deaths and instead bragged about the measures the Conservative government has taken to protect food safety and blamed the former Liberal government for cuts to food inspection.

Besides Ritz, the debate featured Wayne Easter (Malpeque), Sault Ste. Marie NDP MP Tony Martin and the Green party's Kate Storey (Dauphin-Swan River-Marquette).

"It's irresponsible. He had an opportunity to speak to the Canadian people ... and he decided ... to slip out the back door," said Martin. **TORSTAR NEWS SERVICE**

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Mexican police find 12 bodies in empty lot next to school

Tijuana police say 12 bodies have been found in an empty lot next to an elementary school. Police spokeswoman Prisna Perez said the victims were bound and tortured. It has not been determined who is responsible. THE ASSOCIATED PRESS

World

2 parties for Prince's birthday

At least two royal parties are in the works to celebrate Prince Charles's 60th birthday. Officials say the Queen plans to host one party for her son at Buckingham Palace. A second private party is expected to be held for Prince Charles at Highgrove, his estate in Gloucestershire.

THE ASSOCIATED PRESS

Kidnapped tourists freed

Troops rescue tour group after 10 days in captivity

Egyptian and Sudanese troops, backed by European commandos, swooped down in helicopters yesterday to rescue a tour group that had been kidnapped in Egypt and taken on a 10-day dash across the Sahara to the frontier of Chad.

Freedom for the 11 European tourists and eight Egyptian guides came hours after Sudanese troops killed six of the abductors and captured two who revealed where the remaining gunmen were holding their captives.

The brother of one of the freed Egyptians said he was told that the kidnappers abandoned the captives in the desert and fled just before the rescuers arrived.

Egyptian officials released no details of the rescue except to say troops used helicopters to bring out the prisoners.

"They took everything from us and left us with nothing," one freed Egyptian, Sherif Abdel-Monem, said of the kidnappers.

Speaking in an Egyptian military video taken on a airplane flight to Cairo, he added: "But they treated us well. It was not harsh treatment."

The five Germans, five Italians and a Romanian, along with eight Egyptian drivers and guides, arrived in Cairo on the military plane. THE ASSOCIATED PRESS

NASSER NASSER/THE ASSOCIATED PRESS

Egyptian officials offer flowers yesterday to rescued foreign and Egyptian hostages after arriving at the East Cairo Military Airport in Cairo, Egypt.

U.S. warships circle hijacked Ukrainian ship

SOMALIA U.S. helicopters and warships yesterday circled a hijacked Ukrainian cargo ship apparently bound for Sudan, loaded with 33 Soviet-designed tanks and other weapons that officials fear could wind up in the hands of al Qaeda-linked militants in Somalia if the pirates are allowed to escape.

Thursday's seizure of the ship off Somalia, a failed state seen as a key battleground in the war on terror, could have dangerous ripple effects across the Horn of Africa and the Gulf of Aden, one of the world's busiest shipping lanes. Piracy has become a lucrative criminal racket in Somalia, bringing millions of dollars in ransoms to an impoverished country.

The pirates aboard the Ukrainian-operated Faina are demanding $20 million US to release the tanks, rifles and ammunition, along with 21 crew members, one of whom has died.

THE ASSOCIATED PRESS

Arms transfer

- The United States has expressed opposition to arms transfers to Sudan, which it considers a state sponsor of terrorism.

Possible criminal charges in firings of U.S. attorneys

INVESTIGATION U.S. Attorney General Michael Mukasey has appointed a special prosecutor to pursue possible criminal charges against Republicans involved in the controversial firings of attorneys.

The move is the top recommendation of a Justice Department investigation that harshly criticizes Bush administration officials, members of Congress and their aides.

Results of the investigation were made public yesterday.

The report singled out the removal of U.S. Attorney David Iglesias of New Mexico as the most troubling.

He was one of several U.S. attorneys who claim that their dismissals in 2006 were politically motivated.

THE ASSOCIATED PRESS

Fire at London children's hospital forces evacuation

BRITAIN A fire at one of Britain's biggest children's hospitals injured four firefighters and forced the hospital's cardiac wing to evacuate.

The fire began on the fifth floor of the Great Ormond Street Hospital's cardiac wing yesterday.

Two dozen patients were evacuated to other parts of the hospital, but officials say no patients or staff were injured.

Patients scheduled for outpatient procedures were sent home and non-urgent surgeries were cancelled but expected to resume today.

The fire was under control by late morning.

A gas cylinder is suspected to have been involved in the fire, although the exact cause of the blaze was under investigation.

THE ASSOCIATED PRESS

News in brief

REFUGEES The United Nations said 20,000 Pakistani refugees have fled to Afghanistan to avoid fighting between militants and Pakistan's military. The agency said it believes the majority of those who have crossed into Afghanistan will return home once the fighting stops.

SUDAN An aid helicopter for the UN-African Union mission in Darfur was shot down outside a refugee camp yesterday, killing all four crew members, Sudanese police and the UN said. THE ASSOCIATED PRESS

Airfares

Vancouver	Travel Oct 21 - Oct 29/wg	**$139** + taxes & fees $205
New York City	Travel Nov 19 - Nov 25/pd	**$188** + taxes & fees $108
Las Vegas	Travel Jan 11 - Jan 15/wg	**$199** + taxes & fees $212
Paris	Travel Oct 21 - Oct 29/ts	**$274** + taxes & fees $395
Barbados	Travel Dec 8 - Dec 15/wg	**$325** + taxes & fees $264
Beijing	Travel Oct 28 - Nov 4/ua	**$699** + taxes & fees $413
Bangkok	Travel Oct 22 - Nov 5/ua	**$869** + taxes & fees $425

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PUERTO PLATA 4-STAR $178

Bahia Principe San Juan + taxes & fees $368

INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Oct 5/sgn/5g. **ADD** relaxing catamaran cruise to the coral reefs of Sosua and spend a morning of snorkelling from $53.

Varadero 4.5-Star **$338**

Oasis Varadero 1920 + taxes & fees $260

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Holidays

LAS VEGAS 4 NIGHTS $299

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California Fly & Drive **$529**

+ taxes & fees $241

INCLUDES airfare to San Francisco, return from Los Angeles and 8-day car rental with unlimited milage to discover the Golden State. Departs Nov 12/inf/ac. **ADD** 1-hour narrated tour aboard an authentic San Francisco motorized cable car from $21.

Cruise Holidays

Bahamas 4 Nights **$159**

Sovereign of the Seas + taxes & fees $81

INCLUDES 4-night Royal Caribbean cruise and onboard meals & entertainment. Sail roundtrip from Port Canaveral and visit Coco Cay and Nassau. Price includes port charges. Sails Oct 13.

Mediterranean 7 Nights **$659**

Voyager of the Seas + taxes & fees $168

INCLUDES 7-night Royal Caribbean cruise and onboard meals & entertainment. Sail roundtrip from Barcelona and visit Villefranche/Nice, Livorno/Florence, Civitavecchia/Rome, Naples and Palermo. Price includes port charges. Sails Nov 8, 15.

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TICO

NASA delays Hubble mission due to telescope breakdown
NASA says it is delaying its shuttle mission to the Hubble Space Telescope until next year because of an unexpected breakdown of the telescope. THE ASSOCIATED PRESS

Tainted chocolate pulled

Melamine found in 11 Cadbury Chinese-made products

British candy-maker Cadbury said yesterday it is recalling 11 types of Chinese-made chocolates found to contain melamine as police in northern China raided a network accused of adding the banned chemical to milk.

A Cadbury spokesman said it was too early to say how much of the chemical was in the chocolates made at its Beijing plant, and another company official said the factory was responsible for only 0.5 per cent of global sales and supplies Australia, Taiwan, Nauru, Hong Kong and Christmas Island.

The company said its dairy suppliers are generally cleared by government milk testing.

Meanwhile, police in Hebei province arrested 22 people and seized more than 218 kilograms of the chemical, used to make plastics, in the raids, the official Xinhua news agency reported.

Cadbury's chocolates sold in the United States are not affected by the recall, said Kirk Saville, a spokesman for Hershey's, Cadbury's sole U.S. distributor.

He said he is also "positive" no Hershey's suppliers receive milk products from China, making their products safe.

THE ASSOCIATED PRESS

Background

- The tainted-milk scandal broke this month when infant formula produced by Sanlu caused kidney stones in young children.
- Authorities believe suppliers added melamine to watered-down milk to deceive quality tests for protein.

15,000 gather to assemble world's biggest puzzle

GERMANY The southern German town of Ravensburg is already home to Europe's biggest puzzle maker.

Now it can also boast to be the home of the world's largest jigsaw puzzle.

About 15,000 enthusiasts gathered in the town Sunday in an apparently successful attempt to claim that spot in the Guinness Book of World Records.

Their sponsor, Ravensburger AG, says the 1,141,800 puzzle pieces were put together in just five hours.

When the participants were done, the nearly 600-square-metre puzzle almost covered the town square.

The participants assembled more than 4,000 smaller jigsaw puzzles, each with 252 pieces and standard puzzle motifs like animals, maps and landscapes. The rectangles were then taken to the nearby town square and put together in a single massive puzzle.

A notary has submitted the result to Guinness.

THE ASSOCIATED PRESS

FELIX KAESTLE/THE ASSOCIATED PRESS

Thousands of people gather during the third German jigsaw puzzle day in Ravensburg.

Lebanon bombing kills 4 soldiers, 1 civilian

TRIPOLI A remote-control car bomb packed with ball bearings ripped through a military bus in northern Lebanon, killing four soldiers and a civilian.

Authorities say 25 people were also injured in the blast in the port city of Tripoli, the second deadly attack targeting troops in northern Lebanon in less than two months.

The bomber set off the blast as the bus drove through the Bahsas neighbourhood on the southern entrance to the city.

Lebanese television reported that the car's owner showed up later at the blast site and was picked up by intelligence agents for questioning.

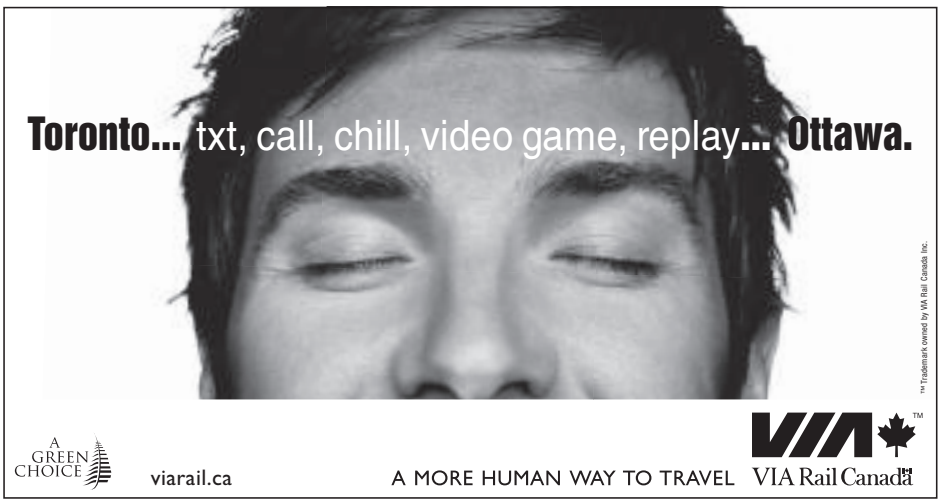
Tripoli, Lebanon's second-largest city, has a Sunni majority and the region is a known stronghold for Sunni militants.

THE ASSOCIATED PRESS

News in brief

CIGARETTES New York City is suing eight smoke shops that have been selling tax-free cigarettes on a Long Island native reserve. The lawsuit accuses the small cluster of shops of breaking state and federal law by selling massive quantities of cigarettes to bootleggers.

THE ASSOCIATED PRESS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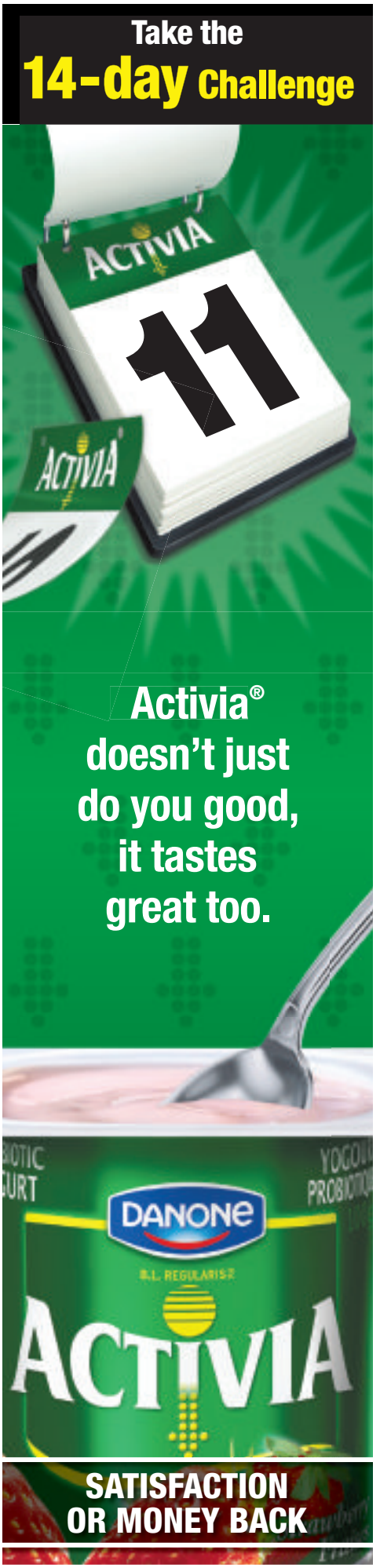

Imperial Oil to cut sulphur dioxide emissions at Sarnia refinery
Imperial Oil Ltd. says it's investing more than $100 million at its refinery in Sarnia, Ont., to reduce emissions of sulphur dioxide at the site by more than 50 per cent. Construction will be completed by the end of 2009. THE CANADIAN PRESS

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

RICHARD DREW/THE ASSOCIATED PRESS
Traders anxiously watch the numbers on the floor of the New York Stock Exchange yesterday.

Stock markets in free fall

North American stock markets plummeted yesterday after the U.S. House of Representatives rejected a $700 billion US bailout plan for Wall Street by a vote of 228-205.

Toronto's S&P/TSX composite index fell more than 800 points — its biggest drop in nearly eight years.

Financial market highlights

- S&P/TSX Composite Index — 11,285.07 down 840.93 points.
- Dow — 10,365.45 down 777.68 points.

The bailout rejection prompted the U.S. Federal Reserve to announce a $330 billion US infusion.

Citigroup bought Wachovia's banking operations, partially-assisted by the U.S. Federal Deposit Insurance Corp.

The Belgian, Dutch and Luxembourg governments took a 49 per cent stake in Fortis with an 11.2 billion euro injection; the German government and a consortium of banks pledged 35 billion euros in credit guarantees to lender Hypo Real Estate; and the British government bought up the £50 billion of loans held by Bradford & Bingley.

TORSTAR NEWS SERVICE

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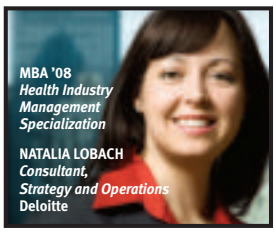
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250,000 manufacturing jobs on the line: Report

REPORT Ontario could lose another 250,000 net jobs in its manufacturing sector during the next five years, according to a bank report.

The province has partially bucked a trend in other industrialized countries where manufacturing jobs as a percentage of total employment has fallen more but that probably won't continue, senior economists at TD Bank Financial Group said yesterday.

The report noted that a cyclical recovery in the U.S. economy won't solve the challenges that have risen in some sectors including Ontario manufacturing. It said the decline and the need to become more competitive will put pressure on workers' wages and benefits here particularly after unions have accepted major cuts in the U.S.

Manufacturing jobs have fallen from 18 per cent to less than 14 per cent of total employment but that's significantly better than about 10 per cent for countries such as the U.S., the United Kingdom and Australia, the report said.

TORSTAR NEWS SERVICE

In brief

TAKEOVER InBev SA shareholders yesterday backed the company's $52-billion US takeover of Anheuser-Busch. The takeover would bring together the makers of Budweiser, Michelob, Bud Light, Stella Artois and Beck's and create the world's largest brewer, as well as the third-largest consumer products company, under the name Anheuser-Busch InBev.

SUPPORT Brick Brewing Co. is welcoming new financial support from the Ontario government to market its brands. The province announced Friday it will provide $8 million over four years to help small breweries, on top of an existing $1-million-a-year microbrewery strategy. METRO NEWS SERVICES

Thousands swarm banks to get cash

ZIMBABWE Banking authorities raised the daily withdrawal limit in Zimbabwe, prompting tens of thousands to line up yesterday in desperate hopes of getting enough cash for groceries before inflation eats away more value.

New rules went into effect allowing withdrawals of up to 20,000 Zimbabwe dollars ($36). The old 1,000 Zimbabwean-dollar limit was barely enough to buy a newspaper. Zimbabwe's inflation rate, officially, is 11 million per cent.

THE ASSOCIATED PRESS

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Commodity prices sliding

EXPORTS The prices of Canada's commodity exports tumbled 8.9 per cent last month after seven consecutive record highs, and are continuing to slide, economists say. Oil and gas led the retreat, falling 20 per cent during August.

THE CANADIAN PRESS

Interest rates/Savings accounts
METRO NEWS SERVICES

BMO	CIBC	ICICI	ING	PCF	RBC	Scotia	TD
1.0%	0.2%	3.4%	3.0%	3.05%	2.75%	2.25%	0.05%

Note: Please check bank websites as some rates require a minimum account balance.

Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Be a financial fighter

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You don't have to be an economist to know that we have fallen on difficult times financially. So in these troubled times we should be taking action to recession-proof our finances. Here are some simple tips you can start doing today:

For You:

1. Save, save and save some more. If possible, you should build an emergency fund of at least three months of living expenses. Whatever you can manage to put away monthly, you should (even if it's just $50). This is the most basic thing you can do in order to protect yourself and to ensure that you are not relying on credit should something unexpected happen.

2. Become a savvy spender. If you don't yet have a spending plan, visit smartcookies.com and download one. If you haven't a clue as to where your money is going, then you probably also don't know what kind of simple changes you can make to save.

3. Pay it down. As fast as possible, pay off anything you owe on credit cards and lines of credit. Also, on any debt you do have, make sure that you are being charged at the lowest interest rate that you are eligible for.

4. Be Patient. If you can't afford to buy it, then don't. We understand that you may feel like you are entitled to the best car, the nicest wardrobe, the dinners and drinks out. But be patient.

5. Build a Community. Now more then ever it is important to start your own money group (if you haven't already). Rely on members to share knowledge, share resources and share tips for everyday savings.

For Your Job:

6. Build your skill set. No job is 100 per cent guaranteed and so making the effort to learn more and in turn making yourself marketable is a must. Network and seek out mentors in your field to ensure that you stay connected and stay current.

7. Toot your own horn. We all know people who promote themselves and make it known that they are productive members of the team. We're not saying you need to be obnoxious but do make sure that your work is getting noticed, and that your boss knows that you are a valuable asset.

8. Make More Dough. Now is the time to figure out what you can do to make some extra dough. Love yoga? What about becoming an instructor? Good in the kitchen? Maybe consider catering personal events for friends and families. Everyone has specialized skills, it's just a matter of figuring out what they may be.

If you have questions or suggestions for the Smart Cookies, please e-mail us at smartcookies@metronews.ca.

Offence is the best defence when it comes to tough financial times.

the Smart book

- For more tips, check out your local bookstore for Smart Cookies' Guide to Making More Dough, on sale this week!

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

Read this week's column at metronews.ca

The crystal ball says ... Be patient with house buying

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

Q My wife and I are both in our late 20s. She is a social worker and I am in the food industry. We are determined to own a home. We have accumulated a sufficient down-payment for our first home. Is this the right time to buy?
Chris and Toni

A The place that you call home should be viewed as a long-term investment and security in your later years.

Historically, real estate has appreciated over the long haul and the patient are not disappointed. No other investment allows the owner to be sheltered from the elements, taxes and a landlord.

Recent reports by the Canadian Real Estate Association (CREA) have indicated continued sales and price declines. Particularly in cities in our Western provinces such as Vancouver, Calgary, Saskatoon, etc.

According to CREA, the average home in the Canadian markets experienced a 5.1 per cent drop in price.

However, not all cities in Canada are created equal. Not surprisingly, cities that enjoyed the most growth in price appreciation are giving some of it back. Last month, Vancouver saw a 5.2 per cent price drop compared to the same month last year. Calgarians watched as prices slid 8 per cent. On the other hand, although Toronto has slowed, it had a 0.8 per cent increase.

What does this all mean to the average first-time buyer? The Canadian real estate market will continue to experience price adjustments but most experts do not expect a U.S.-style housing meltdown.

If you already live in a home, relax, no one is kicking you out. If you are an investor, continue to monitor the market and look for opportunities. First-time buyers should be patient and buy when you are comfortable.

Crystal balls are like mirrors, the viewer sees only a reflection.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

There's no rush to buy a house. First-time buyers should make the leap when they feel comfortable, not based on the market.

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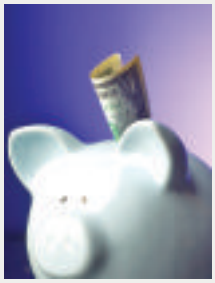
And the survey says...

According to the 2008 survey for PracticalMoneySkills.ca — an online financial literacy program that helps students plan how to manage their finances — 30 per cent of students have never created a budget. METRO NEWS SERVICES

Student ¢ents

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Easy ways to save



- **Books are a big expense.** If you can, try to buy or borrow an older version of the textbook you need from someone who took the class before you.
- **Sell your used textbooks.** Your campus bookstore might give you a raw deal on what you paid for the text if you try to sell it back to them. You might want to do it online. Some sneaky vendors might even stick around near the shelves where students will buy those books, sell their used version at a cheaper price and get the direct payout. We don't recommend you do that, of course; we're just saying it sometimes happens.
- **Kick your coffee fix.** By forgoing that daily morning trip to the java joint, you can save as much as $70 per month (assuming you spend $2.50-$3.50 per day in coffee). Buy a small coffee maker and brew your own.
- **Skip the takeout.** Keep healthy and affordable options in your rez or apartment: Bagels, peanut butter, string cheese and fruit are all better for you than slimy 3 a.m. burgers and pizza slices.
- **No bottled water.** It's more expensive, and advocates for water say it's not healthier and it encourages privatized sources. Get a water bottle and drink from the tap for free. If you're worried about pollutants, get a filter.
- **Don't bother with a TV.** You can watch cable television when you want, how you want, through your computer. Your desktop or laptop may even have a DVD player so you can watch your favourite flicks.
- **Leave the mall alone.** Shop at a second-hand thrift store — and NOT the ones on Queen West, they can get just as expensive as any boutique. You'll be pleasantly surprised at what a rich furrow it is to plow.
- **Get a pay-as-you-go cellphone plan.** (This only works, of course, if you don't use your mobile often.)

— BRIAN TOWIE

With little bit of luck and financial savvy, students can graduate with a manageable debt and start saving that much sooner.

Saving still possible

BRIAN TOWIE
brian.towie@metronews.ca

Given the low income, high expenses and unexpected emergencies that make up part of a post-secondary student's daily life, how can they save money when it's already hard enough to make ends meet?

Unless those financial commitments that universities and colleges demand are satisfied before you attend school, it's next to impossible and impractical to squirrel away your income, given your tuition balance or any loan that needs paying down. But you can exercise a degree of damage control if you make the right choices, the experts advise. With a little bit of luck and financial savvy, you might even graduate with a manageable debt and start saving that much sooner.

"You can save. A lot of students will go out with their friends and the money just goes," says Laura Walker, a financial adviser at Edward Jones Investments. "But the ones who want to come out of school with little debt or possibly even no debt, if they're smart and they work hard enough, will get that money away so that they won't even think about it: Out of sight, out of mind, and there are tools for students to do it."

Several savings tools, Walker says, include Canada Savings Bonds, high-interest savings accounts and bursaries available at your school that may not require stellar marks to obtain. Starting next year, you'll also be able to put your cash in a tax-free savings account.

"The tax-free savings account will come into play in January of 2009. The flexibility of it is nice," says Myron Knodel, financial planning expert at Investors Group. "If you're 18 or over, you can contribute up to $5,000 into it and withdraw from it any time you want without penalties. You won't get a deduction, but that money is not subject to income tax."

Beyond these options, the experts suggest you get some professional help. An adviser can help you determine exactly how much you'll need for the school year, and how much you should save, if you can, once you've budgeted for your costs.

"Students should connect with a financial planner," says Knodel.

"Even financial planning software can help. You factor in your income and what your costs are going to be based on your commitments and your lifestyle choices, and there may be some significant lifestyle changes that you'll be required to make if you're going to reach your goals."

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Stokes and Washburn return to Argos
Following injuries to special-teams star Dominique Dorsey and offensive lineman Jonta Woodard, the Toronto Argonauts have welcome back receiver-kick returner Keith Stokes and offensive lineman Clifton Washburn. THE CANADIAN PRESS

Sports

Hawks waive Khabibulin

The Chicago Blackhawks placed goaltender Nikolai Khabibulin on waivers, the first step for the club to eventually move the veteran. The 35-year-old Russian is the odd man out in the 'Hawks goaltending rotation, which also includes free-agent signee Cristobal Huet, Corey Crawford and the untested Antti Niemi.

METRO NEWS SERVICES

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Godfrey walks away on own terms

Paul Godfrey helped bring Major League Baseball to Toronto in 1977 as city council chairman and in 2000 became president and CEO of the Blue Jays, ushering the team through a period of dire financial times back to a stable financial footing.

The 69-year-old yesterday ended his eight-year reign with the club, satisfied with all that was accomplished on the business side but with the sole lament of not reaching the post-season.

"One of the great regrets was the question of not getting into the playoffs, or making a better run at it," Godfrey said at a news conference. "To the fans out there, winning and losing is everything, there's no doubt about that, and I respect that and support that. I would have loved to win ... but I think when you weigh everything and you see all the changes that were made, the purchase of the building, everything else, I think we've moved the yardsticks in the right direction."

CHRIS YOUNG/THE CANADIAN PRESS

Paul Godfrey addresses a news conference in Toronto yesterday to announce his stepping down as president and CEO of the Blue Jays.

Jays get pitcher

- The Toronto Blue Jays acquired left-handed pitcher Fabio Castro yesterday, completing a trade with Philadelphia that saw Canadian outfielder Matt Stairs go to the Phillies. Castro spent most of the season with double-A Reading of the Eastern League.

Godfrey decided not to seek a renewal of his contract and will officially step down at the end of the calendar year when his contract expires. The move was expected after a difficult season in which the Blue Jays finished fourth in the AL East with an 86-76 mark, despite opening the campaign with post-season aspirations.

His status, as well as that of general manager J.P. Ricciardi, came into serious question after the June 20 firing of field manager John Gibbons. Cito Gaston was brought back to help salvage the situation and he did, earning himself a two-year extension and Ricciardi, who is under contract through 2010, a reprieve. There have been suggestions that Godfrey may have jumped before he was pushed, something he denied.

No replacement was named. In a statement, team owner Rogers Communication said a "further announcement on the Blue Jays management will be made shortly."

THE CANADIAN PRESS

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Leafs topple Blues

Maple Leafs 4 Blues 3 (SO)

Luke Schenn seized his moment in the spotlight.

The Toronto Maple Leafs first-round draft pick scored the shootout winner last night to give his team a 4-3 pre-season victory over the St. Louis Blues.

Fans at the Air Canada Centre chanted, "Luuukkke" when the defenceman was selected as a shooter. The 19-year-old calmly then skated in and beat Manny Legace with a backhand deke move.

Niklas Hagman, with two, and Alex Steen scored in regulation for Toronto (2-2-1).

Brad Boyes, David Backes and Andy McDonald replied for the Blues (2-2-1).

There wasn't much energy in the Air Canada Centre early in a matchup between two teams expected to be among the bottom-dwellers in their respective conferences.

Unfortunately for fans of the Maple Leafs, that might be a trend this season. The home side had trouble creating offence until coach Ron Wilson shook up his lines for the final period and got some results.

Less than two minutes after Backes fired a low shot through Vesa Toskala's legs to put St. Louis up 2-1, Steen tied the score. He skated hard to the net and batted the puck behind Manny Legace at 7:55 after the Blues goalie had stopped Nik Antropov on a breakaway.

Hagman's second of the night at 10:42 of the third period put Toronto ahead 3-2. However, the Leafs gave up a third period lead for the third straight game.

THE CANADIAN PRESS

DAVE SANDFORD/GETTY IMAGES

Maple Leafs forward Niklas Hagman, right, scores against Manny Legace of the St. Louis Blues during last night's pre-season game at the Air Canada Centre. Toronto won 4-3 in a shootout.

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APOTEX ADVANCING GENERICS

Cardinals sign Loshe to a four-year, $41M deal
Pitcher Kyle Lohse and the St. Louis Cardinals agreed yesterday to a $41-million US, four-year contract. Lohse was 15-6 with a 3.78 ERA this season and led the staff with 200 innings. He agreed to a $4.25-million, one-year contract on March 14. THE ASSOCIATED PRESS

MLB White Sox force tiebreaker

JEFF GROSS/GETTY IMAGES

Alexei Ramirez of the Chicago White Sox reacts as he hits a grand slam home run against the Detroit Tigers yesterday. The White Sox won 8-2 to force a one-game tiebreaker with the Minnesota Twins to determine the AL Central champion.

Jays look for replacement

Who team hires to succeed Godfrey vital to club's future

YorkReport

Marty York

marty.york@metronews.ca

Canada's MLB franchise is without a president for the moment because Paul Godfrey either stepped down yesterday, as he'd like us to believe, or he was released, as club sources whispered in my ear yesterday.

Doesn't matter either way now, does it? Far more significant at this point is the selection of Godfrey's successor by the Rogers ownership. The Blue Jays, after all, haven't exactly been smash successes in recent years. They never qualified for the playoffs during Godfrey's tenure — he took over in 2000 — and they haven't come close to attracting the nation-wide following they enjoyed during their halcyon days in the late 1980s and early 1990s.

The Jays' new bossman will play a major role in whether the organization can re-establish itself as a Canadian favourite or follow in the footsteps of the defunct Montreal Expos.

As I reported in this space back on July 29 — you can review it at metronews.ca/yorkreport — the Rogers braintrust has long had three candidates in mind to succeed Godfrey: Ex-Jays prez Paul Beeston, ex-Jays general manager Pat Gillick and ex-Rogers executive John Tory.

Beeston has been telling friends he has no interest in returning, but a chunk of cold, hard $$ might be able to take care of that. Gillick, concluding his days as the Philadelphia Phillies' GM, has said he will retire at season's end, but he also said that many times in the past and changed his mind repeatedly. Tory is the chief of Ontario's Progressive Conservative party but he rescued the CFL from its deathbed when he was its commissioner and sources suspect he could be eager to similarly revive the Jays.

• So what happens to Jays GM J.P. Ricciardi now that Godfrey is no longer around to stick up for him?

Rogers sources told me yesterday Ricciardi and most of his front-office aides will be dumped soon. In fact, they said one of the reasons for Godfrey's departure is that he refused to dump Ricciardi.

Ricciardi's contract with the Jays runs through 2010. Gillick also is a candidate to resurface as Ricciardi's replacement.

• New York reports suggest the Yankees' Jason Giambi could be the Jays' first baseman next season if Ricciardi remains in Toronto. The two are pals … Look for ex-Sportsnet anchor Hazel Mae to become the face of the MLB Network, which launches in more than 50-million U.S. homes next Jan. 1 … And what's this I'm hearing about ex-Jay and ex-Brewer Paul Molitor trying to replace Dale Sveum as Milwaukee's manager next season?

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Wake making waves in CFL

• With 18 sacks — seven against Hamilton — B.C.'s Cameron Wake can surpass James Parker's CFL record (26.5, set in 1984). Metro columnist Marty York thinks Wake is the CFL's best player this season. For more, read Marty's latest CFL Report at metronews.ca/cflreport.

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Rams fire Linehan, Haslett named interim head coach

The St. Louis Rams fired coach Scott Linehan yesterday, the morning after a fourth straight lopsided loss to start the season. Defensive co-ordinator Jim Haslett, once the head coach of the New Orleans Saints, will replace Linehan on an interim basis. THE ASSOCIATED PRESS

Women set to show off MMA skills

Kelly Kobold remembers the first time she had to tell someone she was a pro fighter. She was in the locker room after a workout and a woman, noticing the bruises on her body, came over and gave her a business card.

It was for a battered women's advocacy agency. "Honey, he's not worth it," the woman told her.

On Saturday, Kobold and opponent Gina (Conviction) Carano get to show off women's mixed martial arts in prime time when they meet in a 140-pound bout on CBS' EliteXC Saturday Night Fights.

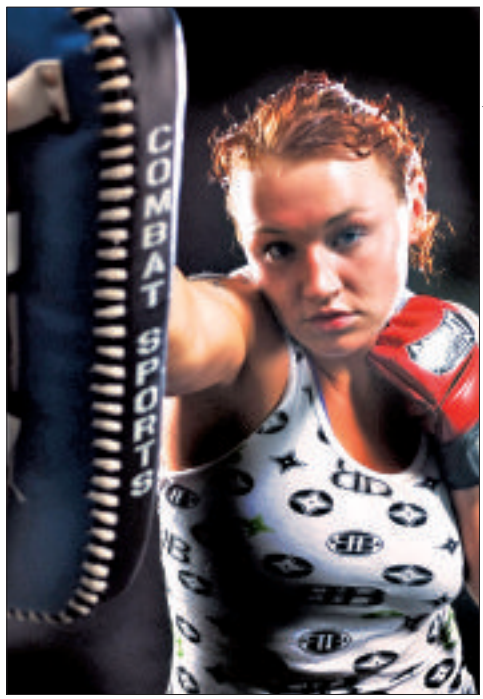
The main event at the BankAtlantic Center in Sunrise, Fla., features heavyweights Kimbo Slice and veteran Ken Shamrock.

For the women, the CBS card is a rare moment in the limelight.

"It's been kind of nice not having to explain what it is I do now," said Kobold (16-2), who credits the prime-time slot for opening people's eyes to women's MMA.

"People know it's not limited to men any more," she added. "Now people are recognizing me. You walk into a mall and somebody knows that women are ultimate fighters and that it's becoming huge. I see that on a day-to-day basis."

THE CANADIAN PRESS



THE CANADIAN PRESS/HANDOUT

Gina Carano and Kelly Kobold (shown) meet Saturday in a high-profile women's mixed martial arts bout on CBS' EliteXC Saturday Night Fights program.

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Jags' lineman paralyzed, has leg amputated

Jacksonville Jaguars offensive tackle Richard Collier, shot earlier this month, is paralyzed below the waist and had his left leg amputated.

Richard Collier

Dr. Andy Kerwin, a surgeon for the University of Florida at Shands Jacksonville hospital, said Collier, who had 14 bullet wounds, is now in good condition after being previously listed in critical condition.

Kerwin said Collier had bullet wounds to the back, left groin, left legs and right buttock. In addition, a bullet severed his spinal cord, paralyzing him from the waist down. The amputation was the result of damage to his left leg and groin, which had blood clots.

Collier, 26, had five bullets removed from his urinary bladder and suffered bouts of pneumonia, infections and renal failure.

The player will undergo physical therapy to learn to get from his bed to a wheelchair. He will never walk again, the doctor said.

Collier was on a ventilator for about three weeks and has no memory of the shooting, Kerwin said.

"His overall condition has improved greatly," Kerwin said. "We expect him to be discharged soon."

Collier's agent Jeff Jankovich said the player's family wanted to make sure Collier understood what had happened to him before releasing it to the public. He said they even kept the Jaguars in the dark.

"He has extreme grief for a lifetime of dreams he won't be able to fulfil," the agent said.

Collier and former teammate Kenneth Pettway were waiting for two women outside an apartment complex early Sept. 2 when a gunman fired into the vehicle, according to the Jacksonville Sheriff's Office. Pettway was not injured.

The motive behind the attack on Collier is unknown, but investigators said earlier he appeared to be targeted. Police have made no arrests in the shooting.

THE ASSOCIATED PRESS

SCOREBOARD

MLB

YESTERDAY'S RESULTS
AMERICAN LEAGUE
Chicago W. Sox 8 Detroit 2
TONIGHT'S GAME
AMERICAN LEAGUE
One-game tiebreaker
Minnesota at Chicago W. Sox, 7:37
AMERICAN LEAGUE
DIVISIONAL SERIES PLAYOFFS
BEST OF FIVE
L.A. Angels vs. Boston
TOMORROW'S GAME
Boston at L.A. Angels, 10:07
FRIDAY'S GAME
Boston at L.A. Angels, 9:37
SUNDAY'S GAME
L.A. Angels at Boston, TBA
Tampa Bay vs. AL Central Champ
THURSDAY'S GAME
Minnesota/Chicago at Tampa Bay, 2:37
FRIDAY'S GAME
Minnesota/Chicago at Tampa Bay, 6:07
SUNDAY'S GAME
Tampa Bay at Minnesota/Chicago, TBA
NATIONAL LEAGUE
DIVISIONAL SERIES PLAYOFFS
BEST OF FIVE
Chicago Cubs vs. L.A. Dodgers
TOMORROW'S GAME
L.A. Dodgers at Chicago Cubs, 6:37
THURSDAY'S GAME
L.A. Dodgers at Chicago Cubs, 9:37
SATURDAY'S GAME
Chicago Cubs at L.A. Dodgers, 10:07
Philadelphia vs. Milwaukee
TOMORROW'S GAME
Milwaukee at Philadelphia, 3:07
THURSDAY'S GAME
Milwaukee at Philadelphia, 6:07
SATURDAY'S GAME
Philadelphia at Milwaukee, 6:37

CFL

EAST DIVISION	W	L	T	PTS
x-Montreal	9	4	0	18
Winnipeg	5	8	0	10
TORONTO	**4**	**9**	**0**	**8**
Hamilton	2	11	0	4
WEST DIVISION				
Calgary	9	4	0	18
B.C.	8	5	0	16
Saskatchewan	8	5	0	16
Edmonton	7	6	0	14

(x — clinched playoff spot)
WEEK 15
FRIDAY'S GAMES
B.C. at TORONTO, 7
Calgary at Saskatchewan, 10
SATURDAY'S GAMES
Montreal at Hamilton, 4
Winnipeg at Edmonton, 7

NFL

AMERICAN CONFERENCE EAST DIVISION	W	L	T	PTS
Buffalo	4	0	0	1.000
New England	2	1	0	.667
N.Y. Jets	2	2	0	.500
Miami	1	2	0	.333
SOUTH DIVISION				
Tennessee	4	0	0	1.000
Jacksonville	2	2	0	.500
Indianapolis	1	2	0	.333
Houston	0	3	0	.000
NORTH DIVISION				
Baltimore	2	0	0	1.000
Pittsburgh	2	1	0	.667
Cleveland	1	3	0	.250
Cincinnati	0	4	0	.000
WEST DIVISION				
Denver	3	1	0	.750
San Diego	2	2	0	.500
Oakland	1	3	0	.250
Kansas City	1	3	0	.250

NATIONAL CONFERENCE EAST DIVISION	W	L	T	PTS
N.Y. Giants	3	0	0	1.000
Washington	3	1	0	.750
Dallas	3	1	0	.750
Philadelphia	2	2	0	.500
SOUTH DIVISION				
Carolina	3	1	0	.750
Tampa Bay	3	1	0	.750
New Orleans	2	2	0	.500
Atlanta	2	2	0	.500
NORTH DIVISION				
Green Bay	2	2	0	.500
Chicago	2	2	0	.500
Minnesota	1	3	0	.250
Detroit	0	3	0	.000
WEST DIVISION				
Arizona	2	2	0	.500
San Francisco	2	2	0	.500
Seattle	1	2	0	.333
St. Louis	0	4	0	.000

WEEK 4
LAST NIGHT'S GAME
Baltimore at Pittsburgh
WEEK 5
SUNDAY'S GAMES
Chicago at Detroit, 1
San Diego at Miami, 1
Atlanta at Green Bay, 1
Seattle at N.Y. Giants, 1
Tennessee at Baltimore, 1
Indianapolis at Houston, 1
Kansas City at Carolina, 1
Washington at Philadelphia, 1
Tampa Bay at Denver, 4:05
Cincinnati at Dallas, 4:15
Buffalo at Arizona, 4:15
New England at San Francisco, 4:15
Pittsburgh at Jacksonville, 8:15
MONDAY'S GAME
Minnesota at New Orleans, 8:30

SOCCER

UPCOMING MLS GAMES FEATURING TORONTO FC:
SATURDAY'S GAME
TORONTO at New York, 7:30

Alberta Liberals propose free tuition

Liberal candidates in Alberta support free tuition for students in their first and last year in PSE — a policy Stéphane Dion's national campaign says is more "ambitious" than the official Liberal promise. METRO NEWS SERVICES

Workology

Job fair

Looking for a job in retail this holiday season? Visit Sherway Gardens Holiday Job Fair (Highway 427 & the QEW) on Saturday, Oct. 4, from 9:30 a.m. until 6 p.m. in Sherway Square.

METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

You can be Hercules at this gym

Small Business

RAFAEL BRUSILOW
for Metro Canada

If hurling truck tires, swinging a sledgehammer and lugging around enormous water jugs doesn't sound like parts of a workout to you, you may not be doing it right.

Lee Davy and Jared Postance are co-founding CEOs of the Dynamic Conditioning Centre (DCC), a gym that swaps out individual exercise machines for Herculean feats of strength and endurance.

You won't find bench presses or arm curl machine in DCC's 5,400-square-foot facility — instead you will find an obstacle course that includes an enormous truck tire that members flip down a track, a sledgehammer used to knock a car tire forward, thick ropes for climbing and harnesses for pulling large weights across the floor in a crawl. The simple exercises are all designed to train the whole body, and from the looks of the exhausted members milling about after doing a run through the obstacle course, they are effective.

Davy adds that the focus is on whole-body training rather than the abstract method of training individual muscle groups, which is so prevalent at most gyms.

"It's practical, it's functional and it transfers over to everyday life. If you're training the body as a whole you're going to have a stronger body overall," Davy said.

PHOTOS BY RAFAEL BRUSILOW

Left: Jared Postance, left, and Lee Davy peek through the enormous truck tire that members flip for exercise. Right: Marketing manager Tracy Li-Moshenko, 35, carries a punching bag down a ramp to finish off her run through the obstacle course.

While the gym officially opened in April 2005, the original facility was only 2,400-square-feet and was poorly located.

"We were down an alleyway — even people who were looking for us couldn't find us," Davy joked.

This summer Davy and Postance decided to move to the larger 5,400-square-foot facility just south of Bloor and Yonge streets. The extra space has meant more activities offered, a longer obstacle course and more room for members to exercise at the same time.

DCC has roughly 250 members — its owners actually hope membership numbers stay relatively small due to their training philosophy of making sure every single member is being motivated to train. Davy and Postance aren't the types to sit back and let members procrastinate — they make a point to hound members to come in for workouts and make use of their paid memberships.

"We want people to be a part of the lifestyle and the community," Davy said.

Running the gym has been a challenge, as is the case with any small business, but Davy and Postance expect the new, renovated location will continue to help them grow.

"We've been pumping a lot of our sweat and finances into this place and this site has breathed new life into DCC," Postance said.

Sitting on a tire after a visibly gruelling run through the obstacle course, DCC member and 35-year-old marketing manager Tracy Li-Moshenko is tired but determined.

"It was hard, but I could have done better," she said.

Left: Strategic planner Ken Meiklejohn, 42, exerts himself flipping a truck tire down a turf track at the DCC gym.

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More charges follow wild weekend partying in London
More rowdy partying in London on Saturday night resulted in more than 20 police officers being called to a student-concentrated neighbourhood close to Fanshawe College. METRO NEWS SERVICES

Building homes from dreams

ROBYN YOUNG
for Metro Canada

The father of three makes decisions worth hundreds of thousands of dollars every day in his line of business, but you'd never guess from his easy smile and down-to-earth nature. As Paul Miklas says, designing and building multi-million dollar homes is his dream job.

"I actually pinch myself because it's so much fun," he says during a tour through the 37 High Point Rd. estate he's been working on for the past two years.

It looks like a French chateau plucked straight from a vineyard in Bordeaux and dropped into Toronto's exclusive Bridle Path neighbourhood.

The house is 30,000 square feet and will likely sell for more than $20 million, he says.

It's a speculation build that gives Miklas the chance to fulfill his own wish list in hopes his refined tastes will someday meet the needs of a buyer. But he's toying with the idea of trying it out himself, just to see what it's like to wake up in the morning and run down the hall to his own indoor pool.

"I'd love to just experience and see what that's like — it's over the top," he says with a grin.

But a more likely outcome is that Miklas will wait for the right clients and the right price and will send his baby on its way.

The Thornhill native built his first custom home in Pickering in 1998.

It was 2,300 square feet and sold for $260,000, which at the time was his most expensive project — a far cry from the value of the High Point mansion, which will soon feature hand cast iron staircase railings throughout, which alone cost $380,000.

Miklas worked his way up the construction ladder to his current station from helping his father out on family construction sites starting as young as 12 years old.

"I took to it right away, so it was actually a bit of a blessing," he says.

Tomorrow, the father of three and his wife Holly — whom he refers to as his "high school sweetheart" and is chief interior designer on all of his projects — will be featured in the new HGTV series Mansions.

The show follows the couple and their team of builders through 13 episodes documenting the process of building a mega home, from pouring the foundation to drywalling to picking paint colours and upholstery patterns.

PHOTOS BY ROBYN YOUNG

Paul Miklas shows off the indoor pool and spa in the custom home he's building. Miklas and his interior designer wife Holly will host a 13-episode series on HGTV called Mansions starting tomorrow.

For him and her

- In the master suite at 37 High Point Rd., separate washrooms for the man and woman of the house are fit from floor to ceiling with slabs of pure white marble for hers and black granite — seen in photo — for his with a combined worth of more than $55,000.

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Loblaw

Grenfell principal passes away

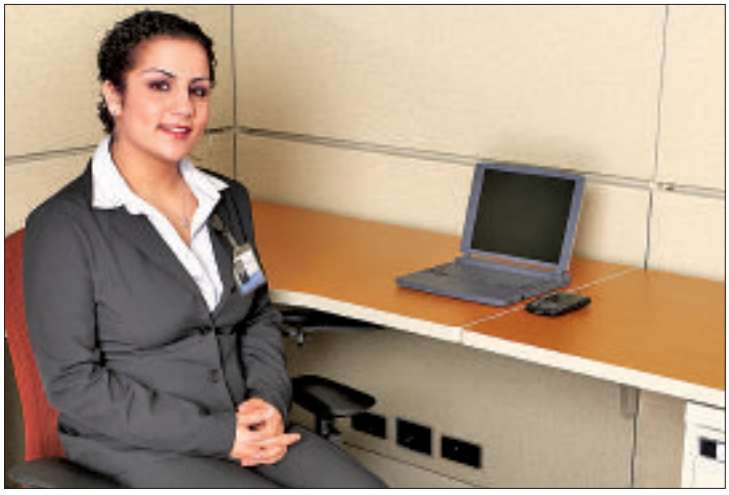
Sir Wilfred Grenfell College Principal John Ashton passed away on Saturday after a lengthy illness. Following his appointment as principal in 2004, Ashton campaigned for Grenfell's independence from Memorial University, for which provincial legislation is currently in the works. METRO NEWS SERVICES

Plan ahead one step at a time

Successful organization is all in your head, productivity coach says

BRIAN COULTON
for Metro Canada

An organized desk, neatly typed to-do list and meticulously detailed agenda may all be visual indicators of productivity but appearances can be notoriously deceiving. In a time when Canadians are overworked and striving to remain competitive, productivity and life coach Joshua Zuchter denies that the key to productivity is in appearances. He says it's all in your head.



Life coach Joshua Zuchter denies that the key to productivity is in appearances, such as a perfectly clean desk or a meticulously organized to-do list.

"If a person is inspired and passionate to do the work that they do, they will be more productive than someone who isn't," says Zuchter.

He indicates maintaining a positive mental attitude allows workers to remain productive both while at work and while travelling. As any business traveller knows, added stresses like forgetting items at home or encountering hotel booking frustrations can clutter an already busy day.

But Zuchter assures that minding mindset on the road leads to the same productivity a positive demeanor yields at the office. He says, "When you're going to travel, things are going to come up that you didn't expect. Those who are most adaptable tend to be most productive as well because they don't get caught by obstacles that get in their way."

Adaptability is part of one of his mantras on enhanced productivity, "Plan for the future, but live in the moment." While it sounds like an oxymoron, Zuchter says it is a process.

"While you're travelling, plan before you go and then take it one step at a time, one e-mail at a time and one project at a time. You do the planning first before you go and then once you go on the trip, you follow through the plan the best you can but be open to the fact that things may change."

> **"If a person is inspired and passionate to do the work that they do, they will be more productive."**
> Joshua Zuchter

Productivity through practice teaches workers how to deflect obstacles says Zuchter, an active approach that eases travelling for business.

And, while a business trip can seem like all business and no trip, making sure to take appropriate breaks is one piece of advice Zuchter recommends in order to unwind and maximize one's efficiency. "Take a break for three to five minutes where you just go for a short walk, grab some water or maybe grab a healthy snack."

He suggests a one break to one hour of work ratio to get more done in less time.

Failure to take needed breaks, he says, can have negative effects like muddying one's focus, causing workers to unhealthily skip meals and halting direct communication with others.

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Boys are bigger bullies: Report
Four out of 10 school-age children in Canada report being victims of bullying, according to a recent report by the Public Health Agency of Canada. Overall, boys bully and are bullied slightly more than girls. BEST HEALTH MAGAZINE

Health

New Buriti Baby collection

Pamper and protect your baby naturally with The Body Shop's new Buriti Baby line of baby products. Set to launch on Oct. 9, the eight-piece line ranges in price from $8.50 to $30 and includes body butter, shampoo, massage gel, a brush and more. The pediatrician-approved products are made from buriti tree nut oil, which is a mild and gentle ingredient used throughout South America for its beneficial properties. METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Socially disconnected

'Digitalk' causing the quality of friendships to decline: Survey

CELIA MILNE
for Metro Canada

You text a friend to say you're SETE (smiling ear to ear) or SWL (screaming with laughter). But if you aren't face to face, it's a shallow connection.

Facebook, e-mail, MySpace, text messaging, and MSN have made our relationships more distant. Quantity of friendships is increasing but "quality is declining," says Allie MacPhail, a relationship expert with offices in Toronto and Newmarket.

"How many of those people actually mean a lot to you?" asks MacPhail. "They may be friends of friends."

On average, we connect socially 17 times a day through technology and only twice in person, according to a recent survey conducted by Ipsos Reid. Fifty-five per cent of Canadians say that life is so busy that they have to use electronic communication to stay in touch with friends and family.

A huge majority (88 per cent) say that meeting in person would make them feel more connected than meeting digitally. And 61 per cent are nostalgic for bygone, low-tech days; they sometimes wish they could go back to when we didn't rely so much on electronics to communicate with each other.

The downside of all this digitalk is that we lose our interpersonal skills. "I see more lonely people even though they have a lot of people they are connected to," says MacPhail. "Emotionally, they don't know how to handle conversation."

"Get offline. Go out and talk to friends... Recognize the value in human connection."
Allie MacPhail, a relationship expert

MacPhail suggests that physically getting together with people and having eye contact is important. "It's not rocket science," she says. "Add up how many times a day you are face to face. Get offline. Go out and talk to friends. Talk to family. Recognize the value in human connection. It deepens your empathy."

Teens are a group especially lacking in these interactions, she says. In her office, for example, parents bring in troubled teens. MacPhail asks the teenagers how their day is going and what their week has been like, and they realize it is the first time that day they have talked to someone face to face. "They start connecting with me," she says.

"We are made for relationships, for actual human connections. The computer is not giving it to us. Let's see humans connect more," says MacPhail.

The survey, which polled more than 1,000 people in July 2008, was sponsored by Dentyne.

On average, we connect socially 17 times a day through technology and only twice in person, according to a recent survey.

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Ice cream from human breast milk

People for the Ethical Treatment of Animals (PETA) wants famous Ben & Jerry's Homemade Ice Cream to begin using breast milk in its products instead of cow's milk, saying it would reduce the suffering of cows and calves and give ice cream lovers a healthier product. THE ASSOCIATED PRESS

Do you have cat allergies?

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Pleasure month?

Seems everything about sex has its occasion

The J Spot
Josey Vogels
Sex talk with Josey

Today, apparently, is the last day you can pleasure your mate.

Yes, for those of you who haven't been keeping up, September is "Pleasure Your Mate Month."

Who knew? I certainly didn't until I got an e-mail from a radio station asking to interview me for ideas on how to honour this enigmatic occasion. Where the heck did "Pleasure Your Mate Month" come from?

Google only turned up some people's ideas for how they planned to mark the event, some of which were, well, less pleasurable than others ("Throw knives, feed poison," wrote one rather bitter single gal).

Seems that these days, every aspect of our sex lives has a day, week or month devoted to it.

May is Masturbation Month, complete with its own Masturbate-a-thon (masturbate-a-thon.com) for which participants get sponsors for every minute they masturbate with funds raised going to women's sexual health organization.

Dec. 21 is Global Orgasm Day (globalorgasm.org), not to be confused with National Orgasm Day, which is celebrated on July 22 in Britain. I know orgasms are great and all but I'm not sure they warrant two days of observance.

Then there's Condom Week Feb. 14-21 (nationalcondomweek.com). And don't forget World Naked Gardening Day on the first Saturday of May (wngd.org) or World Naked Bike Ride on various dates throughout the year (worldnakedbikeride.org).

It's a little out of hand. I mean, one would think that "pleasuring your mate" is something one would make an effort to do at least occasionally during the other 11 months of the year. Do we really need a special month to remind us?

I suppose, much like Valentine's Day, the mother of all of the eros-oriented holidays, these occasions force us to put a little effort into areas of our romantic lives that may get less than our full attention the rest of the year. Or, as with the case of Masturbation Month or Condom Week, they raise awareness and promote sexual health.

But I'd like to see some holidays that address some of the more mundane, yet equally important aspects of maintaining a healthy relationship. You know, the day-to-day nitpicky stuff that can slowly eat away at a relationship, like moths in a blanket box, slowly eating away until, one day, you pull out a blanket and the whole thing just falls apart.

"I'd like to see some holidays that address some of the more mundane, yet equally important aspects of maintaining a healthy relationship. You know, the day-to-day nitpicky stuff."

For example, how about we introduce: "How is Dropping Your Socks on the Floor Any Easier Than Dropping Them in the Hamper Day" or "Sometimes it's More Important to Get Along Than To Be Right Week" or how about, "If You Can Find Time To Watch Four Hours of TV a Night You Can Find a Half-Hour For Sex Once in Awhile Month?"

Now these are some causes worth devoting our time toward.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Bariatric surgery for the morbidly obese
Canada's health-care system is doing little to meet the growing demand for bariatric surgery for the morbidly obese, despite its long-term health benefits, critics say. With wait lists that top a decade at some hospitals, desperate patients are increasingly turning to private clinics for help. THE CANADIAN PRESS

Life-Sprints, a cycling regimen popular in Australia, involves sprints followed by slow pedalling.

A down-under spin on combatting fat

From Best Health Magazine on newsstands now besthealthmag.ca

You have to love an exercise that takes just 20 minutes, involves slowing down every eight seconds and is more effective at burning fat than prolonged aerobics.

Which is not to say that Life-Sprints, a cycling regimen popular in Australia, is a free ride. Devised by Steve Boutcher, director of the fat-loss laboratory at the University of New South Wales, it involves eight-second sprints followed by 12 seconds of slow pedalling on a stationary bike for 20 minutes, three times a week.

Boutcher studied 45 women over 15 weeks and found that the group doing Life-Sprints lost three times more fat than a group that did 40 minutes of sustained aerobic exercise. "The fast/slow exercise cycle releases catecholamine [adrenaline/noradrenaline] into the blood, which burns fat. Sprinting seems to use up fat in the muscles, which is replaced by fat from under the skin after exercise stops," Boutcher says. It's also time efficient.

"With this, you can warm up, work out, cool down, and be showered and dressed in 45 minutes," he adds.

Best Health is on newsstands now. For more, go to besthealthmag.ca.

Silky skin serums

These smooth operators offer a luxurious moisture boost

From Best Health Magazine on newsstands now besthealthmag.ca

Light, fluid and fast-absorbing, facial serums are the feel-good stars of skin care — and are especially appealing if your skin has taken a beating over the summer and is in need of a moisture surge.

The fact that they have an instant, tangible hydrating impact on the skin makes them somewhat addictive — in our staff test (see below), the containers were pumped and squeezed to the very last drop — and a bit of a curiosity: What's the difference between a serum and your regular moisturizer, and do you really need one?

According to Faouzi Berradia, Vichy Laboratoires' medical relations director, serums are water-based moisturizers that contain a high concentration of active ingredients, such as vitamins, antioxidants and/or plant extracts, to super-hydrate your skin and make it more radiant. Unlike regular moisturizers, serums do not contain occlusive emollients like shea butter, so they penetrate skin quickly as opposed to sitting on its surface.

Serums do make your skin feel softer. They're a nice addition to your beauty regimen, especially during fall and winter, when skin tends to get drier.

Generally, their silky texture comes from smoothing ingredients such as glycerin or "slip" agents such as silicone. Some are treatment-oriented (targeting dark spots, for example, or designed to firm the skin); check the package to make sure. Berradia says you should consider adding a serum to your regimen, whatever your skin type, to increase skin hydration. Apply, wait five minutes to let it sink in, then apply your regular moisturizer. If you have oily skin, a serum can be worn alone.

A drawback of serums is that they can be a little pricey — but one or two drops go a long way, right down to the décolleté.

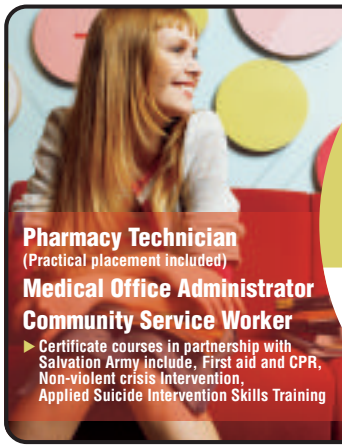
Bottom line: They aren't essential, but they sure feel nice.

Best Health is on newsstands now. For more, go to besthealthmag.ca.

Tested serums

Truth serums — We glided on some of these smoothing formulas (left to right):

- Olay Total Effects 7 Signs Serum ($25, 50 mL)
- Bioré Restore Skin-Boosting Night Serum ($14, 41 mL)
- Clarins HydraQuench Intensive Serum Bi-Phase ($62, 30 mL)
- Vichy Aqualia Thermal Fortifying and Soothing 24Hr Hydrating Concentrate ($37, 30 mL)



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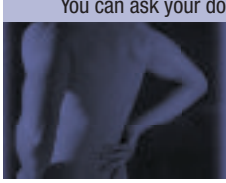

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Osbourne nails purse snatcher

Reality TV star Jack Osbourne has been hailed a hero after catching a man who had attempted to steal a woman's handbag in London on Saturday. Fellow shoppers helped Osbourne pin the assailant down while they waited for the police to arrive. FEMALEFIRST.CO.UK

Entertainment

Jay-Z star search

Jay-Z reportedly wants to sign 50 Cent and Janet Jackson to his new label, StarRoc. Artists who sign are expected to ink recording, touring and merchandise deals. FEMALEFIRST.CO.UK

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Late 'Left Eye' solo disc set for release

Lopez

MUSIC A solo album by late TLC singer Lisa "Left Eye" Lopes is to be released — six years after her death, femalefirst.co.uk reports.

The late TLC singer died following a car accident in April 2002 at age 30, and tracks she recorded prior to her death are now set for a new LP in November. Theye-Legacy features previously unreleased vocals from the rapper and collaborations with Chamillionaire, Lil Mama, Bobby Valentino and Missy Elliott, who appears on the record's planned first single, Let's Just Do It.

METRO NEWS SERVICES

Taking a risk on The Tudors

David Alpay 'bluffed' his way into role

RICK McGINNIS
rick.mcginnis@metronews.ca

When David Alpay auditioned for The Tudors, he knew he'd have a chance to share the screen with a who's who of British acting talent in a story as English as fried food and damp curtains.

With recurring roles in Canadian shows like Slings And Arrows and Billable Hours, as well as Atom Egoyan's Ararat behind him, he nonetheless decided to take a bit of a risk.

"I never told them that I didn't have an English accent. I kind of auditioned with an accent and just kinda got the part and bluffed my way through, I guess."

Alpay ended up landing the role of Mark Smeaton, the court musician who became a favourite of King Henry VIII and then his second wife, Anne Boleyn. Smeaton was a rock star at the Tudor Court — the show even shows him having an affair with Anne's brother George, a creative embroidery with no precedent in historical fact — but he met with an unfortunate end, implicated in an adulterous affair with Anne that conveniently suited both Henry's burgeoning paranoia and his need to get rid of yet another wife who wasn't producing an heir, though Smeaton was in all likelihood innocent.

"What's really cool is that the show refuses to provide answers like that on the surface," Alpay says, "and it's not until the last two episodes of the season that we really find out what's happening, and it's heartbreaking, actually. Smeaton and Anne aren't out to get the king or screw around and cause trouble. They're just two people who, in a way, really love each other and care about each other, but the environment, the society that they live in, that has a really hard time with that. There's a social friction that's the kernel that grows into bigger problems later on. He's a very innocent character who isn't duplicitous, but seen through Henry's eyes he seems that way. The history books though have kind of favoured Henry's viewpoint."

Season 2 of the Tudors premieres tonight on CBC at 9 p.m.

CBC TELEVISION PHOTO

David Alpay chose not to tell makers of The Tudors he didn't have an English accent when he auditioned for the role of Mark Smeaton.

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Show's creators shake up traditional costume drama

BRIAN COULTON
for Metro Canada

When you sit down to watch a period drama, do you expect seeing a show touted as "a lusty soap opera" and "pageant of pomp and friskiness," that's "spiced with pay-cable frankness?"

While sexual romps in ruffles and corsets may not scream Reformation-era royalty, it's a more explicit side of the relationship between Henry VIII and Anne Boleyn that CBC miniseries The Tudors uses as a prime selling point.

But that doesn't bother the woman who is often a participant in the historicized copulation. Natalie Dormer, 26, plays a seductive Boleyn on the show opposite Jonathan Rhys Meyers' Henry VIII. To her, on-screen erotica is part and parcel of what makes the show successful.

"It's a very human thing, isn't it?" asks Dormer. "Getting involved with the show, I knew that's exactly the tone they were aiming to hit. They were trying to deconstruct and shake up the conventional costume drama."

The creators also succeeded in shaking up some academics that claim the show's total historical precision may take second place to the steamy scenes set in palace corridors.

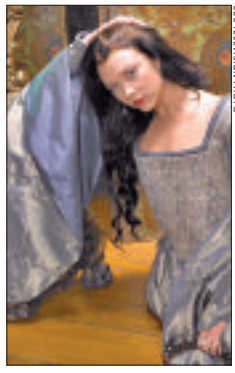
Dormer says reconciling historical accuracy with her artistic interpretation of the script has been one of the greatest sacrifices she has had to make as an actor.

"People come up to me in the street and say they never enjoyed history in school but, because they've watched The Tudors, they've looked things up on the Internet or read books that they wouldn't have otherwise read. The historical purist has to understand that a certain level of information or learning happens surreptitiously from watching the show."

And while not every speech pattern or esthetic feature of the show is ripped straight from history texts, Dormer was enterprising in her research of the character she plays.

"For me, it was very important to know my history and who the real Anne Boleyn was. I did submerge myself in a lot of historical facts," she says.

But Dormer says she avoided other artistic interpretations of Boleyn like The Other Boleyn Girl to ensure her Anne was befitting The Tudors historical brand. "It's no different from being another actor who plays Hamlet, Othello or Bond."



CBC TELEVISION PHOTO

Natalie Dormer in The Tudors.

"People come up to me in the street and say they never enjoyed history in school but, because they've watched The Tudors, they've looked things up on the Internet ... "
Natalie Dormer

Hannah pedals lawsuit

Actress Daryl Hannah has filed suit against executives at Currie Acquisition LLC in Los Angeles over their ad campaign for the Izip, a hybrid bicycle. She claims the company has used her name and image to promote its product without permission. IMDB.COM

TRIGON FILMS & TELEVISION/THE CANADIAN PRESS

Dunnery Bond has won YTV's The Next Star competition.

Introducing new Bond: Dunnery Bond

A 14-year-old heartthrob in the making from Nova Scotia serenaded his way Sunday to the title of YTV's The Next Star, a national talent competition for kids.

Dunnery Bond of Lakelands, N.S., was crowned during a live performance at Canada's Wonderland after crooning his single Shy to a sea of young fans.

"I think I presented myself well," the Grade 10 student said in an interview. "I just did the best that I could and I guess Canada liked the best that I could do."

He said one of the toughest aspects of the competition for him was that he was the only boy among the top six finalists.

But he called the entire process "an amazing journey."

During the summer, Dunnery and five other budding artists were mentored by a trio of Canadian music industry professionals through 13 episodes on YTV. Each kid wrote a personal song, developed a signature look and learned the ins and outs of show business.

"Some people are just thrown into the business, but we got some lessons, we learned from a lot of important people," Dunnery said.

Adamo Ruggiero, who plays Marco Del Rossi in Degrassi: The Next Generation, hosted the show. Mentors included Christopher Ward, the songwriter who penned Black Velvet, marketing executive Steve Cranwell, and musician Suzie McNeil, who was the last woman standing in the talent search show Rockstar: INXS.

The other finalists included Christina LeClair of Brantford, Briar Gillis of Vineland, Ont., Alyssa Reid of Brampton, Maranda Jacobs of Mississauga, and Amanda Rowland of Montreal.

Fans voted online and via text message to determine the victor.

As the champ, Dunnery will record his single with Universal Music Canada to be released on YTV's Big Fun Party Mix 10 and make his own professional music video.

One problem the young musician — who also boasts piano, guitar and trumpet skills — said he sometimes faces is having no choice but to sing very adult-themed songs. With his single, that all changed, he said.

"This song really describes how a teenager feels, which really allows me to connect with it a lot better."

Although he's not sure where his talent will take him next, he had plenty of advice for other youths hoping to become stars.

"Don't try and imitate, don't try and follow, just be yourself and enjoy your own singing abilities," he said.

THE CANADIAN PRESS

Ex-Blink-182 drummer released from hospital

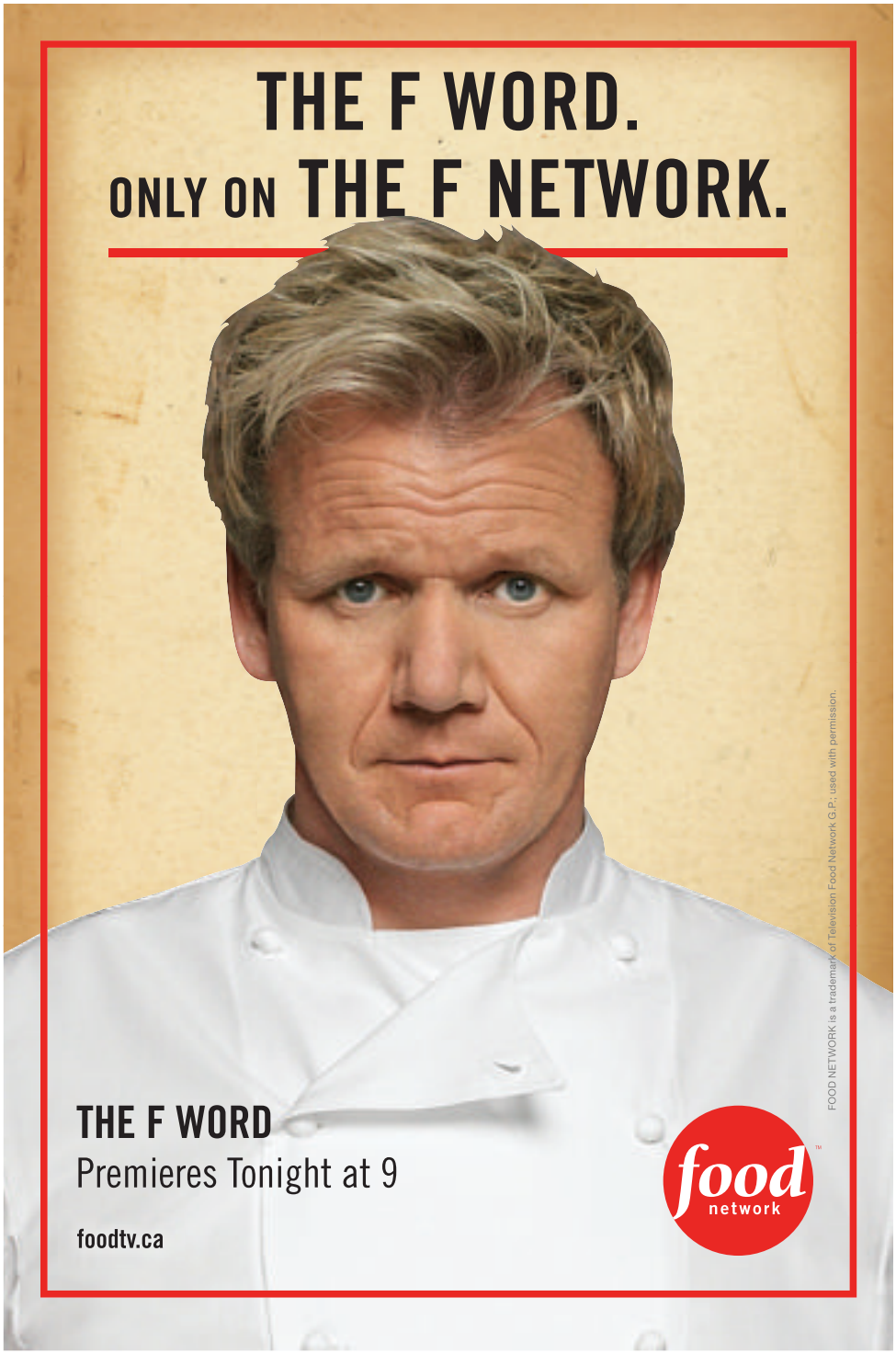
Former Blink-182 drummer Travis Barker has been released from a Georgia hospital after suffering severe burns in a fiery plane crash more than a week ago.

Hospital spokeswoman Beth Frits says Barker was released yesterday morning.

Barker and celebrity disc jockey DJ AM were the only survivors of the crash just before midnight Sept. 19 at the main airport in Columbia, S.C. Two pilots and two other passengers were killed.

DJ AM, whose real name is Adam Goldstein, was released from the hospital last week. Doctors have said they expect both men to fully recover.

THE ASSOCIATED PRESS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Lawyer sues over Ledger's insurance

COURT A former lawyer for Heath Ledger is suing over a $10-million life insurance policy he claims has gone unpaid since the actor's death.

Lawyer John S. LaViolette sued Minnesota-based ReliaStar Life Insurance Company in July, claiming the company is trying to avoid paying the claim to Ledger's young daughter, Matilda Rose.

Heath Ledger

The lawsuit doesn't mention Ledger or his daughter's name. It states that it's on behalf of a man who died of "accidental causes on Jan. 22, 2008." That's the day Ledger was found dead of an apparent accidental prescription-drug overdose.

A spokesman for ReliaStar says the insurer has made no decision about whether to pay the claim.

The lawsuit's existence was first reported by website TMZ.

THE ASSOCIATED PRESS

Comedian Irrera arrested for DUI

CRIME Comedian Domenick Irrera has been arrested by police in Los Angeles for driving under the influence (DUI), imdb.com reports.

The funnyman, who made a cameo appearance in 1998's The Big Lebowski as a limousine driver, was pulled over by cops around 12:50 a.m. local time yesterday.

He was booked on the driving violation and is being held at North Hollywood police station on $5,000 US bail, according to website TMZ.com.

METRO NEWS SERVICES

In brief

MOVIES Actor Kenneth Branagh may direct the next big Marvel comic book movie Thor, imdb.com reports. Branagh is in talks with with Marvel bosses over the film, due for release in 2010.

METRO NEWS SERVICES

Underwood brings showbiz home
Actor Blair Underwood is so hooked on showbusiness, he spends family vacations shooting home movies with his kids. "We do posters and soundtracks, too," he said. IMDB.COM

Entertainment in brief

MUSIC British acts Coldplay and Duffy have received three nominations apiece at this year's MTV Europe Music Awards, to be held Nov. 6, BBC News Online reports. Both are up for album of the year and most addictive track. Coldplay also get a nod for act of 2008, while Duffy is up for the new act prize. Britney Spears is up for two prizes following her success at the Video Music Awards earlier this month. METRO NEWS SERVICES

Night of Caribou

Electro act crowned at Polaris gala

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BRYAN BORZYKOWSKI
for Metro Canada

Everyone loves a good battle of the bands, especially when the acts vying for the top prize are 10 of Canada's best indie acts.

At last night's Polaris Prize gala — an annual music prize that awards $20,000 to the top act voted on by a jury of journalists — electro pop act Caribou was crowned the best among a talented pool of rock n roll acts that included Vancouver's Black Mountain and Winnipeg's Weakerthans.

"I feel so lucky and so proud to be included in such an incredible group of musicians and albums," said Dundas, Ont.-raised Dan Snaith after accepting his cheque.

"I'm still waiting to wake up.""

"It's a great choice," says Aaron Brophy, Chart Magazine's editor-in-chief, and 2006 Polaris Prize grand juror.

"He's adventurous, smart, diverse and he epitomizes all that's good about truly interesting music."

With "Polaris Prize Winner" now before Caribou's name, the now London, England based multi-instrumentalist can expect more record sales and bigger audiences.

"It's a resurgence for a lot of band's records," says Stephen Himmelfarb, the prize's inaugural winner in 2006.

"It opens up the indie spectrum to more mainstream and traditional festivals in Canada."

"The win will get people that aren't just rock critics to pay attention to him," adds Brophy.

> **"The win will get people that aren't just rock critics to pay attention to him... Which is a great thing about the award."**
> Aaron Brophy

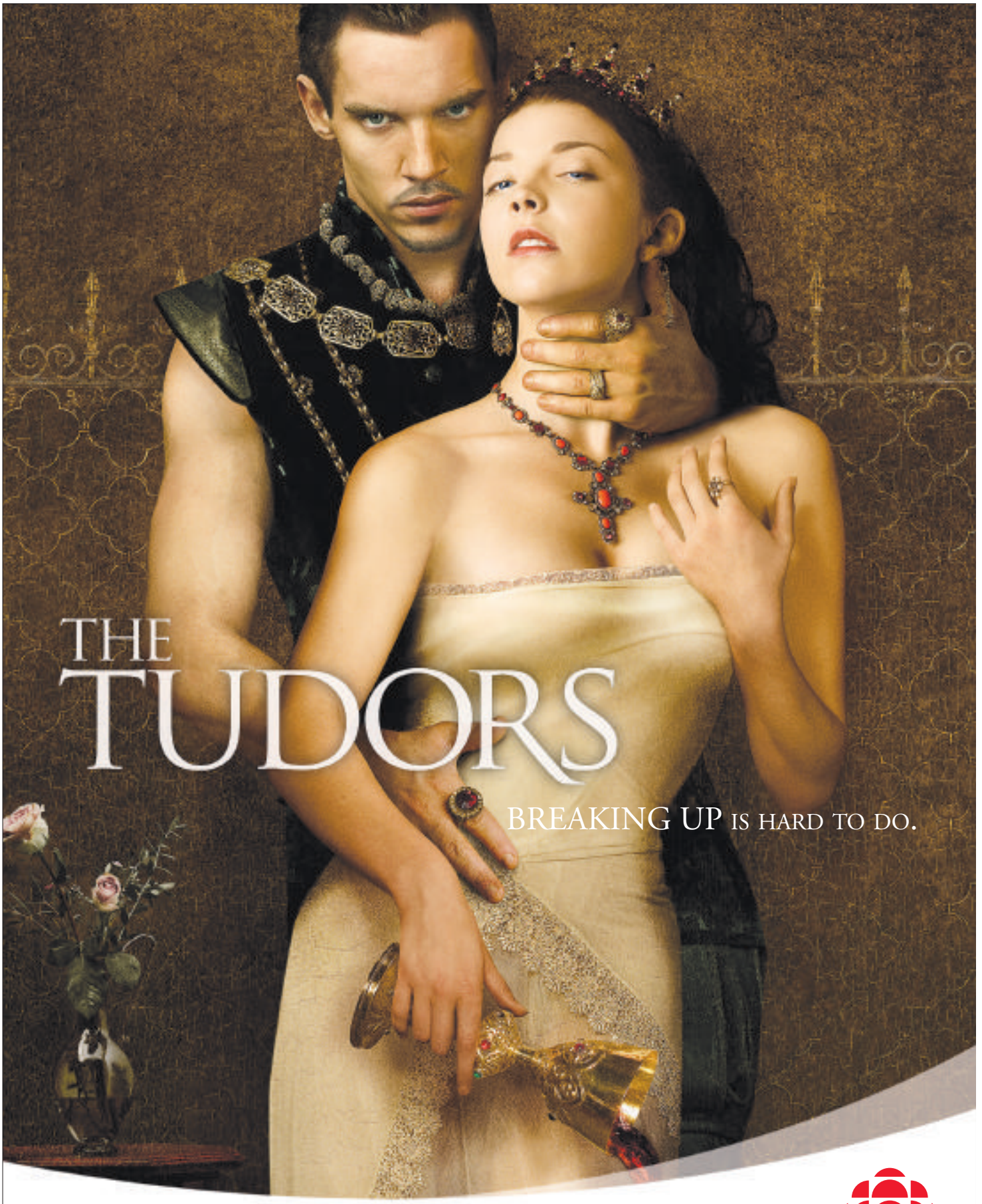
"Which is a great thing about the award."

It's also a boon to the shortlisted acts, many who played last night's gala, including Montreal jam band Plants and Animals and London, Ont.- raised rapper Shad.

The award was chosen by a jury of 11 journalists, but was originally whittled down by 2000 writers across the country, including Karen Bliss, a Toronto-based scribe.

"It's hard to figure out and listen to everything that's been released," says Bliss. "but a couple of albums got repeat listens in my car."

Caribou won the Polaris Music Prize last night at the Phoenix.



cbc.ca/tudors

SEASON PREMIERE
Tonight at 9pm

CBC

Simpson's bear den

Ashlee Simpson reportedly can't sleep without her cuddly toys. The singer, who is expecting her first child with husband Pete Wentz, has received hundreds of stuffed bears since announcing her pregnancy and reportedly can't bear to go to bed without them. FEMALEFIRST.CO.UK

N.Y.'s Museum of Arts and Design opens new home

MUSEUM For years, it was one of the more visually unusual structures in midtown Manhattan — a mostly windowless, white marble construction by Edward Durell Stone known as "The Lollipop Building" after a disparaging comment from an architecture critic's review.

Built in 1964 to house one man's art collection, it sat empty for years at the edge of Columbus Circle before being sold to the Museum of Arts and Design in 2005 to become its new home.

Now, after close to $100 million US for a redesign and more than a little controversy over whether it should have been preserved as it was, the museum opened its doors to the public Saturday.

Gone is the solid facade; concrete was cut away and glass added to allow more light into the building. The facade itself was covered with ceramic tiles with a unique glaze created specifically for the site that allows for different colours to be seen depending on the time of day.

"We sort of see this building as the first object in our collection," said Holly Hotchner, the museum's director. "It's actually a piece of sculpture."

As to whether it will become as well-known as what was there before, she said she doesn't know. "I think time will tell if it becomes iconic in its own way."

Not everyone is thrilled with seeing a new look to the building, even if it changes what had been a forbidding exterior. Preservationists had fought against the sale of the building, saying the building should have had a hearing to determine whether it should have been designated a landmark.

THE ASSOCIATED PRESS

DVD picks

Iron Man

Director: Jon Favreau
Rating: PG

IRON MAN delivers the superhero essentials — lots of action, great characters and a really cool suit — as it smartly vaults a lesser Marvel Comics hero into the same stratosphere as Spider-Man.

It took a superhuman leap of faith to hire tabloid fodder Robert Downey Jr. for the title metal man (he's actually clad in gold titanium alloy), since there were no guarantees he'd be either appropriate for the job — or even available.

There's all the usual making-of and CGI demo hoo-hah, but a movie this fresh and funny needs a commentary track or two. Couldn't Downey and director Jon Favreau have found the time to rock the mic together?

There are some laughs in Downey's screen test for the gig and in The Onion's news item parody: "Wildly Popular Iron Man Trailer to be Adapted into Full Length Film."

TORSTAR NEWS SERVICE

Forgetting Sarah Marshall

Director: Nicholas Stoller
Rating: 18A

FORGETTING SARAH Marshall finds comedy kingpin Judd Apatow back in form, after the recent disappointments of Drillbit Taylor and Walk Hard: The Dewey Cox Story. But that's only if bawdy sex and winking putdowns and TV parodies are your idea of hilarity.

Sobbing suitor Peter Bretter (Jason Segel) may be pathetic, but he's also empathetic, even if he does seem to have had his unceremonious dumping by girlfriend Sarah Marshall (Kristen Bell) coming to him.

Sarah's the rising star of a CSI-style TV show. Peter happily stood in her shadow, writing cheesy music for her show and carrying her handbag at public events.

A head-clearing trip to Hawaii for Peter seems the cure for his broken heart, until he discovers that Sarah has has chosen the same resort to canoodle with her new man thing (hilarious scene-stealer Russell Brand).

Apatow regulars Jonah Hill, as a pesky waiter, and Paul Rudd, as a glazed surfer dude, pad out the proceedings.

Scenes that might have been left for DVD or dumped altogether are allowed to ramble on in the movie. As a result, the nearly 20 minutes of deleted and extended scenes in this three-disc Collector's Edition seem downright bloated.

There's also a generous assortment of commentaries, gag reels and music videos — the latter of interest only if you enjoy the sweetly bizarre Muppet Dracula subplot.

But the extra material only matters if you really want more of an already long movie. Otherwise, you can fuhgeddaboudit along with Sarah.

No Led Zeppelin tour, says Plant

MUSIC Led Zeppelin front man Robert Plant has scotched rumours that he is to tour with the band, describing speculation as "frustrating and ridiculous," BBC News Online reports.

Last week, Britain's The Sun newspaper reported that he had agreed to a reunion tour. But he has not and will not go on the road with anyone for at least two years after finishing U.S. concert dates with Alison Krauss on Oct. 5, a statement said. "Anyone buying tickets online to any such event will be buying bogus tickets."

METRO NEWS SERVICES

Holocaust letters acquired

The faded papers hint at stark details in the lives of Nazi concentration camp inmates.

Letters secretly carried by children through the sewers of Warsaw, Poland, during the 1944 uprising. A 1933 card from a Dachau camp commander outlining strict rules for prisoner mail. A 1943 letter from a young man, who spent time in Auschwitz, to his parents.

The more than 250 Second World War postal documents — cards, letters and stamps — have been acquired by an Illinois foundation from a private collector and will soon be on permanent display in a museum in suburban Chicago.

"These artifacts underscore the very personal dimension to this catastrophe," said Richard Hirschhaut, the executive director of the Skokie-based Illinois Holocaust Museum and Education Center, where the exhibit will be housed next year when the museum opens. "It now will reach an exponentially larger audience and serve as a genuine tool for education and learning."

THE ASSOCIATED PRESS

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Little Britain to big screen

Comedy duo Matt Lucas and David Walliams will make a movie of the hit TV show Little Britain. The feature length film is backed by Spice Girls manager Simon Fuller and will include all the show's characters, played by Lucas and Walliams. FEMALEFIRST.CO.UK

Entertainment in brief

TELEVISION Katie Holmes will revisit her TV roots on small screen hit Eli Stone. Photographs of the actress in costume on the set of the comedy series have emerged, depicting the mom-of-one wearing long gloves and a black catsuit. Holmes, who rose to fame as Joey Potter on teen drama Dawson's Creek, will appear in the program as an attorney when the series resumes on Oct. 14.

Holmes

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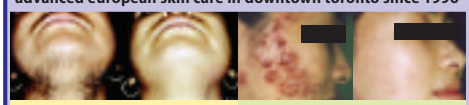

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F apparently is for Food

WHAT THE F--k: Celebrity chef Gordon Ramsay takes a step closer to deadly ubiquity tonight with the North American premiere of The F Word, his British chat/cooking/competition show on the Food Network. Food has decided to debut with the second season of the show, an episode where Ramsay challenges a quartet of butchers to work the kitchen at one of his restaurants, sets up a pig pen in the backyard of his London home to raise a pair of porkers for sausages and chops, and pits himself against a TV actress to see who makes a better lasagna. He also invades a slovenly bachelor pad to teach its grimy inhabitants how to avoid becoming pitiful caricatures.

IntelleVision

Rick McGinnis

rick.mcginnis@metronews.ca

He even manages to nip out of the kitchen every now and then to check on Kathy Burke — Magda, the fast-talking, foul-mouthed magazine editor on AbFab — whose decidedly low-brow taste in food and drink exasperates Ramsay more than the four men stumbling through service in his kitchen.

It's a densely-packed show that will either thrive or fail depending on how many Ramsay fans out there are impatient for a new season of Hell's Kitchen or Kitchen Nightmares. Ramsay is probably about one more show away from Emeril-style overkill, and while I'm still a huge fan of his bellicose, alpha male persona, the dawn of a post-Ramsay age is probably close at hand

A CHEAP HOLIDAY IN OTHER PEOPLE'S MISERY: "It's just, like, out of this world, I think, this place — kind of a weird thing to use for tourism," says Carmel, an Australian tourist who complains that they're charging $50 to throw a live hand grenade into a pond at a Cambodian genocide museum.

Gordon Ramsay returns with his new show The F Word.

Manfred Becker's Dark Tourism, airing tonight on History Television, makes the circuit of just more than a half-dozen tourist attractions around the world that offer a change of pace from the usual theme park, beach resort or folkloric dance show.

He starts at a former Soviet prison in Latvia where visitors are harassed and abused by actors playing guards, and moves on to Stalin World in Lithuania, the killing fields of Cambodia, the city of Sarajevo and Vietnam, where tourists are "educated" about the other side of the Vietnam War. They even take in the Diefenbunker outside Ottawa, where the Canadian government was supposed to hole up in case Dr. Strangelove turned out to be a documentary.

The most disturbing thing I've ever seen in my west-end Toronto neighbourhood was a brief infestation of Polish neo-Nazi skinheads, the children and grandchildren of people who survived Nazi occupation before emigrating to Canada, only to see a handful of their descendents sporting swastikas and hanging outside tatty discos.

At the site of Hitler's command bunker in Poland, Poles dress up in Nazi battle dress for the edification of tourists, and Becker finds a group of Chinese students who wonder if the Poles have already forgotten their history. It's a worthwhile, and unsettling, question.

Rick McGinnis writes about music, movies, books and television, but not opera.

TO	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 9/30/08	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		East West 101		Chinese School (Part 2 of 5)		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	House "Adverse Events"		(9:01) 90210 (N)		Kitchen Nightmares		News (N)
	215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors (N) (DVS)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		Opportunity Knocks (N)		Privileged (HDTV) (N)		NY-Hollywood	Friends	News (N)
	212	313	8	CTV	eTalk	Hollywood	Without a Trace (N)		Dancing With the Stars		Law & Order: SVU		News (N)
	218	345	11	E!	The Insider (N)	E! News	The Biggest Loser: Families (N)				Pam: On Loose	Sunset Tan	News (N)
	137	763	13	TFO	Panorama		Canada	Villages	*Trop belle pour toi* (1989, Com. dramatique)			Esprit	Carnets d'ex
	-	-	14	-	Cold Case		News (N)		News (N)		Two/Half Men	King	Cold Case
	213	326	15	SUN	Becker	George Lopez	*Four Extraordinary Women* (2006, Drama), George Stults				To Serve and Protect		Grill Rm.
	-	387	16	CBS	Inside Edition	Hollywood	NCIS "Agent Afloat" (N)		The Mentalist (HDTV) (N)		Without a Trace (N)		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser: Families (N)				Law & Order: SVU		News
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Opportunity Knocks (N)		Dancing With the Stars		Half Their Size: Weight		News
	219	346	20	ACH-B	Robson Arms	TMZ (N)	Pushing Daisies (N)		(9:01) Fringe (N)		Cold Case		News (N)
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	House "Adverse Events"		(9:01) Fringe (N)		Seinfeld	Two-Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Keeping Up	Nova (DVS)		P.O.V. "Critical Condition" (N)			Rx for Change	Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 "Model Behavior"		Privileged (HDTV) (N)		CW11 News at Ten		Two-Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two-Half Men	90210 (N)
news	502	390	26	NW	CBC News	Canada Votes: Extreme Debate (N)			CBC News: The National		Canada Votes: Extreme Debate		
	500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow & Company		On the Money		Conversations: Michael Eisner		The Big Idea With Deutsch		Mad Money
sports	405	417	22	net	World Poker Tour		Air Racing From London.		Best Damn Sports Show		Sportsnet Connected		Hockey Central
	400	400	30	TSN	That's Hockey!	NHL Preseason Hockey Detroit Red Wings at Montreal Canadiens. (Live)					SportsCentre (HDTV) (Live)		
	411	457	58	OLN	(6) The Amazing Race 2		Survivorman		Angry Planet	Surf Patrol	Don't Forget Your Passport		Pilot Guides
	417	406	81	SC	Pinks	Pass Time	Unique Whips		Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks (HDTV)
family	551	542	25	YTV	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Mystery Hnt.
	554	544	45	TEL	George-Jungle	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	American Dad	Robot Chicken	Rick & Steve
	556	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	Coleen's Real Women		Style by Jury	Style by Jury	How to Look Good Naked (N)		Maxed Out
	570	580	29	MM	Instant Star	disBand	Technical Diff.	Video on Trial	So You Think You Can Dance Canada (DVS)				The Shift
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		The Cleaner (HDTV) (N)		The Cleaner
	700	800	35	TLN	Centrovetrine	Sky TG 24	Serie A	Magnifica Italia	48 Ore		Raymond	Raymond	George Lopez
	571	581	36	MMM	mmmtop	Where You At	Listed		Fabulous Life Of...		Don't Forget the Lyrics!		Party of Five
	575	583	38	CMT	Canada Countdown		Weddings	CMT Star	Reba	Hope & Faith	Home Improve.	Home Improve.	CMT30
	616	521	39	SHO	About a Girl	About a Girl	The Best Years (DVS)		Trailer Park	Trailer Park	The Shield "Genocide"		House
	620	523	40	BVO	Desperate Housewives		Live at the Rehearsal Hall		John Kay: Magic Carpet Ride		Celtic Roots	Murdoch	Law & Order
	601	562	41	SLC	End of Leash	ET Canada	Newlywed	In Laws	Rich Bride, Poor Bride		Plastic-Perfect	Matchmaker	Newlywed
	522	506	43	HIS	NCIS "Brothers in Arms"		The Worst Jobs in History		Dark Tourism		NCIS "Brothers in Arms"		Crime Stories
	625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Jon Dore Show	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
	294	529	47	TBS	House-Payne	House-Payne	*My Best Friend's Wedding* (1997, Romance-Comedy)				Cheers	Family Guy	Family Guy
	576	582	49	BET	106 & Park: BET's Top 10 Live		*I Tried* (2007, Drama) Laycie Bone, Wish Bone.				Comic View	Somebodies	Judge Karen
	627	528	50	SPC	Lost "Special"		Star Trek: Next Gener.		Battlestar Galactica		Rabbit Fall	The Circuit	Stargate SG-1
	581	566	52	MTV	Busted	After	Canada's Next Top Model		Making the Band 4 (N)		Paris Hilton's My New BFF (N)		MTV Live
	618	524	54	TROP	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld	King	Family Guy
	603	561	56	FOOD	The Main	Chef at Home	Restaurant Makeover		The F Word (N)		Chef School	At the Table	Restaurant
	261	394	60	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		Benmergui-Isr	Benmergui-Isr	Six Days-June
	621	527	63	STR	The Ellen DeGeneres Show		TMZ (N)	eTalk	Paris Casting Special		Paris Hilton's My New BFF (N)		TMZ
	553	546	65	TRE	Ni Hao, Kai-lan	Nght Grdn	Bucket-Dinos	Franklin	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears
	115	711	101	TVA	Occupation	Vidéos	Histoires-filles	Caméra café	La Promesse (HDTV) (N) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	126	730	102	RDI	RDI en direct	Élections	Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	CLT	Judging Amy		Killer Next Door		Missing Link Visitors.		Mysterious Ways		Judging Amy
	300	601	301	M1	(7:15) *The Perfect Assistant* (2008, Drama)				*Michael Clayton* ★★★ (2007, Drama) George Clooney.				*American*
	305	612	306	PIX	*Little Criminals*	(7:20) *Death of a Gunfighter* (1969)			*The Jerk* ★★ (1979, Comedy)			(10:35) *The Pyx* (1973)	

critics' corner

The Tudors

Oh, Henry! As season two opens, Henry (Jonathan Rhys Meyers) assumes control of the Church of England and banishes Anne Boleyn (Natalie Dormer) after she demands that he cut off contact with Katherine (Marie Doyle Kennedy). That's not all that's going to be cut off ... but we're not there yet. A cook is boiled alive for poisoning a bishop under threat of blackmail. Sam Neill also stars. 9 PM on CBC

The Biggest Loser: Families

This week the contestants go on a trip to one of the most beautiful places in the world — the Grand Canyon. On the way, they stop by a convenience store for a temptation challenge that will provide the winning team with a much more luxurious trip for its scenic getaway. Once there, the contestants must exercise without a gym or trainers, and a medical condition threatens to sideline a contestant. 8 PM on E! NBC

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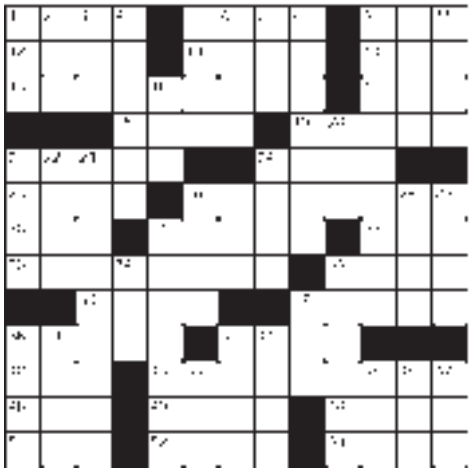


Crossword across

1 Hardly exciting
5 Moist
9 Society newcomer
12 Grooving on
13 Lotion additive
14 Under the weather
15 Retail-chain founder
17 — Zedong
18 Sandwich cookie
19 Representative
21 Misbehave
24 Soon, in verse
25 Comedian Sahl
26 "You Send Me" singer
30 Worldwide workers' grp.
31 Strange
32 Churchill's gesture
33 Golf legend
35 Sense
36 Hairless
37 Vends
38 Dreaded bacterium
40 Take to the lake
42 Moving truck
43 British officer with an eponymous belt
48 — out a living
49 Verifiable
50 Approach
51 In medias —
52 Hollywood locations
53 Safecracker

Crossword down

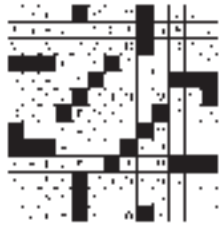
1 Insult
2 Geneticist's abbr.
3 $ dispenser
4 Withdraw
5 Earnhardt of NASCAR
6 Saxophone range
7 Cattle call?
8 Sinner's self-abasement
9 Melodramatic paperback of yore
10 Verve
11 Rorschach picture
16 Dadaist Jean
20 Stickum
21 Writer Kingsley
22 Pop flavor
23 Brass instruments
24 Surrounded by
26 Progeny
27 Coach Parseghian
28 Carina
29 Morays, e.g.
31 Signs up
34 Bando of baseball
35 Crime
37 Round Table address
38 Eternally
39 Birthday party must-have
40 Pornography
41 Lincoln and Vigoda
44 Exist
45 Teeny
46 Gripe constantly
47 Work unit

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	8	1				9	5	
			7		8			
6	7			9			3	1
		5	1		2	3		
1								4
		4	9		3	1		
9	3			2			8	5
			8		5			
	4	8				6	1	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	3	5	9	7	2	4	8	1
1	2	9	8	6	4	7	5	3
4	7	8	1	5	3	9	2	6
9	4	7	5	2	1	3	6	8
5	8	1	6	3	9	2	7	4
3	6	2	4	8	7	1	9	5
8	1	3	2	9	6	5	4	7
2	5	4	7	1	8	6	3	9
7	9	6	3	4	5	8	1	2

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SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day

Chicken Fingers with Spicy Mustard Dip

INGREDIENTS (FINGERS):
1 1/2 lb (750 g) boneless, skinless chicken breasts
1/2 tsp (2 mL) salt
1/4 tsp (1 mL) black pepper
1/2 cup (125 mL) all-purpose flour
2 large eggs
2 tbsp (25 mL) water
2 cups (500 mL) bread crumbs
1/4 cup (50 mL) grainy Dijon mustard
1 large garlic clove, minced
1 tbsp (15 mL) paprika

INGREDIENTS (DIP):
1 cup (250 mL) light sour cream
2 tbsp (25 mL) grainy Dijon mustard
2 tbsp (25 mL) fresh chives

METHOD:
1. For dip, blend sour cream, mustard and chives. Cover and refrigerate.
2. Cut chicken lengthwise into strips (3 in/7.5 cm x 1 in/2.5 cm). Sprinkle with salt and half the pepper.
3. Place flour in a zippered plastic bag. In a pie plate, whisk eggs and water until frothy. In a large, shallow dish, blend bread crumbs, mustard, garlic, paprika and the rest of the pepper.
4. Drop the chicken strips, a few at a time, into the bag of flour and shake until well coated. Shake off excess flour. Dip strips into beaten eggs, then into bread-crumb mixture, gently pressing the crumbs onto the chicken so they adhere. Arrange strips on a large non-stick baking sheet and refrigerate for 30 minutes.
5. Preheat the oven to 400°F (200°C). Bake chicken strips until golden brown and crisp, about 15 minutes, turning once. Serve hot or at room temperature with chilled mustard dip.

Calories 333, calories from fat 72, fat 8 g, saturated fat 1 g, cholesterol 132 mg, carbohydrate 28 g, fibre 1 g, sugars 0 g, protein 36 g.
SERVES 6

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
An intuitive friend calls out for soothing treatment. Special plans are changed without warning. Don't prejudge when you see some damage.

TAURUS ♉
APRIL 21-MAY 21
An unnecessary romance is set for melodrama. A family quarrel finally bites the dust. Your friends will shelter you.

GEMINI ♊
MAY 22-JUNE 21
Try to avoid talking too much to a sarcastic sibling. A deceptive person brings a change of luck. Someone's bad habit will start a quarrel.

CANCER ♋
JUNE 22-JULY 22
A progressive friend comes in handy. You need to find the right person to do a dirty job. A conflict can create confusion.

LEO ♌
JULY 23-AUG 23
Don't believe anything that is said at the last minute. A conflict will be settled by someone's loss of courage. A stranger in despair will visit.

VIRGO ♍
AUG 24-SEPT 22
Rumours can lead to an understanding. Weird events will make you feel suspicious. Find someone you can trust.

LIBRA ♎
SEPT 23-OCT 23
An innocent person will create a stimulating atmosphere. Cast a wider net to find reassurance. Someone will head towards a scary situation.

SCORPIO ♏
OCT 24-NOV 22
Don't spurn a great job offer. You'll attract those who respect your methods. A hacker shows a disturbing lack of integrity.

SAGITTARIUS ♐
NOV 23-DEC 21
A dream has an impact on your life. A practical promise will have unexpected effect. A group will terminate obsolete methods.

CAPRICORN ♑
DEC 22-JAN 20
Be humble in a touching moment. Someone will be oblivious to affection. You'll emerge unscathed from a wonderful fantasy.

AQUARIUS ♒
JAN 21-FEB 18
A grinning friend experiences reality as it happens. Convenient excuses will make some people very nervous. A buddy arrives in the nick of time.

PISCES ♓
FEB 19-MARCH 20
Your duties will limit the time you spend being bored to tears. A child needs medical attention. Somebody's deep concern about money will be hidden.

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Quaid rips Ryan

Actor Dennis Quaid has slammed his ex-wife, actress Meg Ryan, for revealing all about their 2000 marriage breakup, insisting her allegations of his infidelity will only cause their son Jack more "pain" and "turmoil." IMDB.COM

Celebrity Buzz

Duffy: 'I've sold my soul'

FAME Duffy is on the brink of a "nervous breakdown," femalefirst.co.uk reports.

The singer has revealed the pressures of fame have taken their toll, forcing her to consider "disappearing."

The 24-year-old has had too many encounters with overzealous fans, which have left her shaken.

"As a girl, I thought I was superhuman. But I'm bordering on a nervous breakdown," she reportedly said. "The scary thing is this feels like just the beginning. It would be easy to become a recluse. I have sold my soul and I'm no longer anonymous. It can be really frightening when there are 15 lads on one side of the pub and a gang of girls on the other who all want your photo."

Despite debating whether she can handle being a celebrity, the star believes it would not be fair on her fans to quit now.

"It would be wrong for me to disappear. I have to play for the fans. I just have to remember that the majority of people are good," she added.

METRO NEWS SERVICES

Mother-in-law to Amy: Clean up or don't see hubby

PEOPLE Amy Winehouse's mother-in-law wants the troubled singer to kick her alleged drug habit before she can be reunited with her husband after his release from prison, website femalefirst.co.uk reports.

Blake Fielder-Civil is serving a 27-month sentence at a prison in Suffolk, England, for causing actual bodily harm and perverting the course of justice. He is set to be released early on condition that he lives with his mother. Georgette Fielder-Civil claims her son has kicked his alleged drug habit in prison.

"We can support him at home, away from Amy and the London drug dealers, and help him rebuild his life. Now Amy has got to do the same before they can get back together," she says.

Fielder-Civil had previously declined early release from prison as the agreement meant he would have had to wear an electronic tag and be under a 7 p.m. curfew.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

celebrity briefs

McCready to turn herself in

JUSTICE Mindy McCready will voluntarily surrender to authorities today to serve 60 days in a Tennessee jail for a probation violation, her rep has told People. The singer, 32, was arrested for violating her probation for prescription drug fraud in June, People.com reports. The singer had entered rehab July 16 for undisclosed reasons and she was previously jailed in 2007 after violating probation on a 2004 drug arrest.

Allen criticized over necklace

CAUSES Lily Allen has been condemned for glamorizing guns by wearing a necklace with a machine gun pendant, femalefirst.co.uk reports. The singer — who previously met with London Mayor Boris Johnson to outline proposals to reduce knife crime — was photographed wearing the pendant recently. But it has outraged anti-violence groups. "If she's really worried about violent crime then she shouldn't wear a necklace that promotes guns." says Lyn Costello, from anti-violence group MAMAA.

METRO NEWS SERVICES

Fan wanted to share her salad

FOOD Ashley Tisdale was left stunned when a fan's mother demanded she give her child some salad, femalefirst.co.uk reports.

The High School Musical star, who plays popular schoolgirl Sharpay Evans in the hit Disney film franchise, couldn't believe it when the woman came over to the table when she was dining with her family and made the request.

"A bunch of little girls came over and I thought they wanted an autograph, which was totally cool," Tisdale told FOXNews.com.

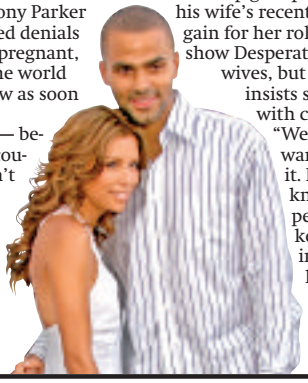
"But then the mother demanded I give her daughter a bite of my salad. She wasn't joking and she wouldn't go away when I said no. It was so odd that a grown woman would do that, especially in front of her kids. It was so wrong."

METRO NEWS SERVICES

celebrity brief

Longoria, Parker say they have nothing to hide

PARENTHOOD Eva Longoria Parker's basketball star husband Tony Parker has repeated denials his wife is pregnant, insisting the world would know as soon as she was expecting — because the couple wouldn't want to keep the happy news from anyone, imdb.com reports.



The San Antonio Spurs guard admits people won't stop gossiping about his wife's recent weight gain for her role on the show Desperate Housewives, but he insists she's not with child.

"We don't wanna hide it. I don't know why people keep asking us," he says.

METRO NEWS SERVICES

Broken curfew becomes costly concert for Madonna

FINE Madonna has reportedly been fined $249,750 US by Wembley Stadium officials for breaking the venue's curfew during the London stop of her Sticky and Sweet world tour earlier this month, femalefirst.co.uk reports.

The singer's show overran the 10:30 p.m. curfew by 40 minutes when she played there on Sept. 11.

She has now been charged $92,500 for every 15 minutes she went overtime.

"The concert was meant to start at 8:30 p.m. but Madonna didn't come on stage until 9:10 p.m. The gig ended at 11:10 p.m. so she was quite a bit over," a Wembley Stadium source says.

"Her people knew about the possible implications for going over the curfew, but this is a pretty hefty fine, even for Madonna."

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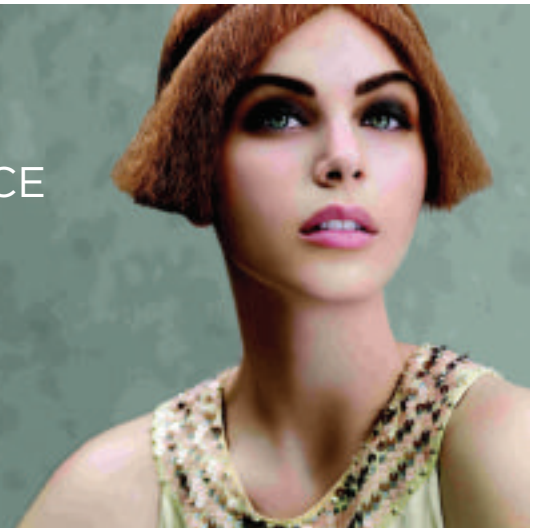


Heart grows fonder
Newlywed talk-show host Ellen DeGeneres feels "blessed" since marrying longtime girlfriend Portia De Rossi, adding that married life has made her "more in love." IMDB.COM

Celebrity Buzz

Moss turning to music?

PEOPLE Kate Moss is reportedly set to turn to music when she retires from modeling, female-first.co.uk reports.

The supermodel has revealed she plans to quit the catwalk before she turns 35 and concentrate on a music career instead.

"She has told everyone she won't carry on modeling after she turns 35 ... songwriting and being a singer will slowly take over," a source says.

Moss is no stranger to music and co-wrote songs for the Babyshambles Shotters Nation album while dating frontman Pete Doherty.

Moss has also reportedly written material with her latest ex-boyfriend The Kills' guitarist Jamie Hince before they broke up.

METRO NEWS SERVICES

Paltrow has trouble finding the right side

DRIVING Gwyneth Paltrow faces an embarrassing start to most days as she tries to remember which side of the car her steering wheel is on — as the paparazzi stand by and take photos, imdb.com reports.

The actress splits her time between homes in New York and London and admits that's the only part of her trans-Atlantic life that she still hasn't mastered. "When I'm walking to my car in either country, I don't know what side the steering wheel's on, which is embarrassing if there's paparazzi following me," she says.

Paltrow insists she has no problems driving on opposite sides of the road, but she always struggles with the steering wheel placement, which is on the right in the U.K. and the left in the U.S.

METRO NEWS SERVICES

Beckham wears gloves to bed

REGIMENS Former Spice Girl Victoria Beckham has dashed her sophisticated image by admitting she wear woolly socks and gloves in bed with husband David, imdb.com reports. The star puts herself through a strict beauty regimen before hopping into bed — she smothers her hands and feet in moisturizer before covering them in the warming accessories. And she admits soccer star David finds her nightly ritual bizarre.

"I put really thick foot lotion on with socks before I go to sleep. I also use thick hand cream with gloves at the same time," she says.

"David must think I'm a loony, because I get into bed with gloves and socks on."

METRO NEWS SERVICES

Craig says he pushed for new Bond title

MOVIES Daniel Craig chose the name of the forthcoming James Bond movie Quantum Of Solace because he didn't want a grisly title with "death" in it, imdb.com reports.

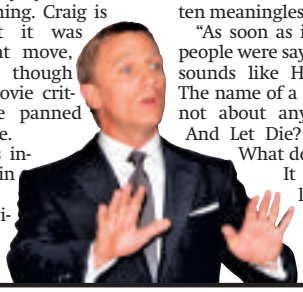
The actor rejected several potential names during a brainstorming session with producers before insisting they go with the title of a short story by Bond creator Ian Fleming. Craig is adamant it was the right move, even though some movie critics have panned the name.

"I was involved in making the decision. Names were coming out, some ludicrous stuff was going back and forth — I can't remember exactly, but you know the sort of thing: The Blood On Your Face," Craig tells Britain's GQ magazine. "I knew I didn't want 'death,' 'die,' 'bleed' or any of those things in the title."

But Craig admits that in the great tradition of Bond movies, the film's title is often meaningless.

"As soon as it came out, people were saying, 'Ooh, it sounds like Harry Potter. The name of a Bond film is not about anything. Live And Let Die? Octopussy? What does it mean? It means very little."

METRO NEWS SERVICES



Hudson reveals fiancé's proposal technique

ENGAGEMENTS Jennifer Hudson has revealed she received the "biggest surprise" of her life when boyfriend David Otunga asked her to be his wife on her 27th birthday during a day at the beach, female-first.co.uk reports.

The couple got engaged on Sept. 12.

"It was a big deal," Hudson says. "I got a beautiful ring and I got him. I had no clue at all ... we went to the beach during the day and he blindfolded me ... and he gave me a purple shovel, because purple's my favourite colour ... and I had to dig. I ended up digging through all this sand. When I found it, it was like a bunch of beautiful cards ... one related to the other, and the last one said, 'Look around, take the moment in, turn around and I have a gift for you.'"

METRO NEWS SERVICES

celebrity brief

Phillippe, Cornish thriving as a couple

COUPLES Ryan Phillippe and Abbie Cornish, who only recently took their relationship public, are thriving as a couple, People.com reports a friend as saying. "They're great," Rob Brown, Phillippe's pal and castmate in last spring's Stop-Loss, has said. "I was with them last night. They're good people."

Phillippe, 33 and Cornish, 26, were rumoured to have been dating for months but only attended their first major event as a couple in June, when he accompanied her to the 2008 Australian in Film Breakthrough Awards.

Phillippe called his divorce from Reese Witherspoon — who is now dating Jake Gyllenhaal — "the darkest, saddest place I had ever been."

But, says Brown, the actor has recovered well and has made the best of a difficult time. "Yeah, he's alright," Brown said. "He's in good spirits and he seems happy. And I'm happy for him."

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